



Chocolate-Cinnamon Pudding with Raspberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 0.5 teaspoon cinnamon
- 0.3 cup cornstarch
- 1.3 cups cup heavy whipping cream
- 1.5 cups raspberries fresh frozen thawed
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

2.5 cups milk whole

Equipment

bowl

sauce pan

whisk

plastic wrap

ramekin

Directions

In a heavy saucepan, combine the cocoa, cinnamon, cornstarch, and 2/3 cup of brown sugar.

Whisk in the milk and 1/2 cup of the cream. Over medium-low heat, bring to a boil and cook, stirring constantly, until the pudding is thick and smooth.

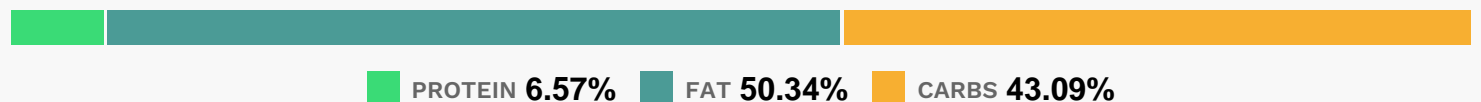
Remove from heat and stir in the vanilla.

Pour into individual ramekins or a large bowl and press plastic wrap directly onto the surface to prevent a skin from forming.

Whip the remaining heavy cream with the remaining sugar until soft peaks form.

Serve the pudding warm or chilled with the raspberries and whipped cream.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:10.831304322118%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 15.13mg, Epicatechin: 15.13mg, Epicatechin: 15.13mg, Epicatechin: 15.13mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg
Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 378.98kcal (18.95%), Fat: 22.34g (34.36%), Saturated Fat: 13.88g (86.75%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 38.29g (13.92%), Sugar: 31.67g (35.19%), Cholesterol: 68.23mg (22.74%), Sodium: 61.29mg (2.66%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Caffeine: 16.48mg (5.49%), Protein: 6.56g (13.12%), Manganese: 0.53mg (26.56%), Calcium: 196.66mg (19.67%), Phosphorus: 194.6mg (19.46%), Fiber: 4.74g (18.95%), Vitamin A: 903.97IU (18.08%), Copper: 0.32mg (16.04%), Vitamin B2: 0.26mg (15.5%), Magnesium: 60.65mg (15.16%), Vitamin D: 1.91µg (12.74%), Potassium: 389.2mg (11.12%), Vitamin B12: 0.63µg (10.47%), Vitamin C: 8.16mg (9.9%), Iron: 1.47mg (8.15%), Zinc: 1.16mg (7.77%), Selenium: 4.95µg (7.07%), Vitamin B5: 0.66mg (6.56%), Vitamin B6: 0.12mg (5.75%), Vitamin B1: 0.08mg (5.48%), Vitamin E: 0.78mg (5.19%), Vitamin K: 4.46µg (4.25%), Folate: 10.83µg (2.71%), Vitamin B3: 0.51mg (2.54%)