



Chocolate Cornstarch Pudding



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



289 kcal

DESSERT

Ingredients

- 2 tablespoons butter room temperature
- 0.3 cup cornstarch
- 2.8 cups milk
- 0.1 teaspoon salt
- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

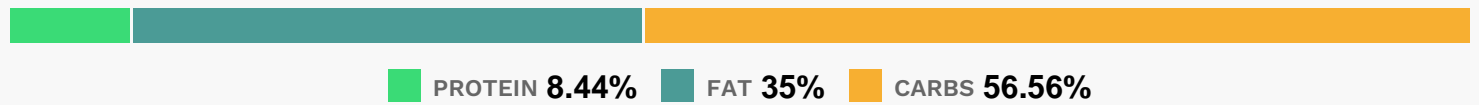
Equipment

sauce pan

Directions

- In a saucepan, stir together sugar, cocoa, cornstarch and salt.
- Place over medium heat, and stir in milk. Bring to a boil, and cook, stirring constantly, until mixture thickens enough to coat the back of a metal spoon.
- Remove from heat, and stir in butter and vanilla.
- Let cool briefly, and serve warm, or chill in refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:20.43, Inflammation Score:-4, Nutrition Score:7.4221739185893%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 289kcal (14.45%), Fat: 11.64g (17.91%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 40.88g (14.86%), Sugar: 33.22g (36.91%), Cholesterol: 35.18mg (11.73%), Sodium: 183.27mg (7.97%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Caffeine: 8.63mg (2.88%), Protein: 6.32g (12.64%), Calcium: 213.38mg (21.34%), Phosphorus: 199.73mg (19.97%), Vitamin B12: 0.92µg (15.3%), Vitamin B2: 0.25mg (14.62%), Vitamin D: 1.85µg (12.3%), Magnesium: 39.34mg (9.84%), Potassium: 312.54mg (8.93%), Vitamin A: 446.68IU (8.93%), Manganese: 0.16mg (7.92%), Copper: 0.15mg (7.52%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.64mg (6.43%), Zinc: 0.96mg (6.39%), Selenium: 4.17µg (5.95%), Fiber: 1.46g (5.84%), Vitamin B6: 0.11mg (5.36%), Iron: 0.57mg (3.19%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.09µg (1.04%)