



Chocolate-Espresso Pudding

 Gluten Free

READY IN



135 min.

SERVINGS



5

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 5 servings garnishes: almonds toasted sliced
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups milk fat-free
- ☐ 1 tablespoon espresso grounds instant
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.3 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup non-dairy whipped topping frozen thawed reduced-fat

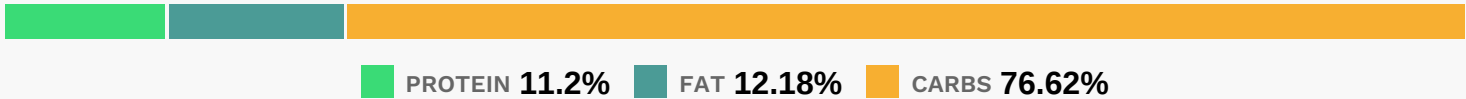
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together milk, sugar, cocoa, cornstarch, instant espresso, and salt in a medium-size heavy saucepan over medium-high heat, and cook, whisking constantly, 5 minutes or until mixture is hot. Gradually whisk 1/3 cup hot milk mixture into egg.
- ☐ Whisk egg mixture into remaining hot milk mixture.
- ☐ Cook, whisking constantly, 3 minutes or until mixture thickens.
- ☐ Remove from heat, and add chopped chocolate, stirring until chocolate melts and mixture is smooth. Stir in vanilla.
- ☐ Pour mixture into a glass bowl.
- ☐ Place heavy-duty plastic wrap directly on warm mixture (to prevent a film from forming), and chill 2 hours or until pudding is completely cool.
- ☐ Spoon 1/2 cup pudding into each of 5 individual serving dishes, and top each with 1 Tbsp. whipped topping.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:20.21, Inflammation Score:-4, Nutrition Score:7.2260869313841%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 204.47kcal (10.22%), Fat: 2.95g (4.53%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 39.44g (14.34%), Sugar: 33.35g (37.05%), Cholesterol: 40.3mg (13.43%), Sodium: 118.56mg (5.15%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Caffeine: 45.45mg (15.15%), Protein: 6.09g (12.18%), Phosphorus: 176.74mg (17.67%), Calcium: 148.37mg (14.84%), Manganese: 0.26mg (13.08%), Copper: 0.25mg (12.29%), Magnesium: 47.19mg (11.8%), Vitamin B2: 0.2mg (11.73%), Vitamin B12: 0.67µg (11.15%), Selenium: 6.47µg (9.25%), Fiber: 2.24g (8.98%), Potassium: 312.6mg (8.93%), Vitamin D: 1.28µg (8.52%), Zinc: 1mg (6.68%), Iron: 1.12mg (6.23%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 258.12IU (5.16%), Vitamin B1: 0.06mg (4.32%), Vitamin B6: 0.08mg (4.12%), Vitamin B3: 0.55mg (2.73%), Folate: 8.64µg (2.16%)