



Chocolate Fennel Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate chopped
- 3 tablespoons cornstarch
- 4 large egg yolks
- 2.5 tablespoons fennel seeds chopped
- 1 cup heavy cream
- 2 cups milk
- 1 pinch salt
- 0.3 cup sugar

2 tablespoons cocoa powder unsweetened

Equipment

bowl

sauce pan

whisk

Directions

In a medium stainless-steel saucepan, bring the milk, 2/3 cup of the cream, the cocoa, and the fennel seeds to a boil, whisking occasionally.

Remove from the heat and let the mixture infuse, covered, for 10 minutes.

In a medium bowl, whisk the egg yolks, sugar, cornstarch, and salt until pale yellow.

Bring the milk mixture back to a boil and then strain it into the egg mixture.

Whisk until smooth and pour back into the saucepan. Cook over moderately high heat, whisking constantly, until the mixture comes to a boil, about 1 minute.

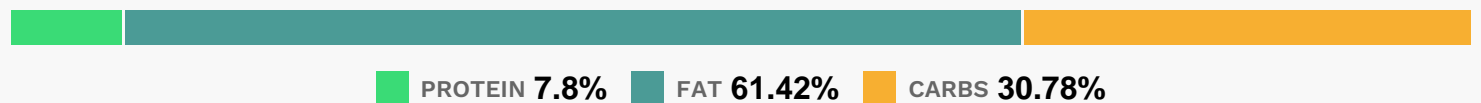
Remove from the heat.

Add the chocolate and whisk until melted.

Whisk in the remaining 1/3 cup cream.

Pour the pudding into individual bowls and chill.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:13.8, Inflammation Score:-7, Nutrition Score:14.555652229682%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 517.98kcal (25.9%), Fat: 36.28g (55.81%), Saturated Fat: 20.92g (130.76%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 37.31g (13.57%), Sugar: 29.58g (32.87%), Cholesterol: 266.33mg (88.78%), Sodium: 86.22mg (3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.94mg (5.98%), Protein: 10.36g (20.72%), Phosphorus: 298.28mg (29.83%), Manganese: 0.55mg (27.37%), Calcium: 268.39mg (26.84%), Vitamin A: 1329.58IU (26.59%), Vitamin B2: 0.4mg (23.49%), Selenium: 15.44µg (22.06%), Vitamin D: 3.21µg (21.41%), Vitamin B12: 1.11µg (18.52%), Magnesium: 71.7mg (17.92%), Copper: 0.34mg (16.83%), Fiber: 3.61g (14.42%), Iron: 2.5mg (13.88%), Potassium: 440.47mg (12.58%), Vitamin B5: 1.16mg (11.64%), Zinc: 1.72mg (11.49%), Vitamin B6: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.8%), Vitamin E: 1.13mg (7.55%), Folate: 28µg (7%), Vitamin K: 3.47µg (3.31%), Vitamin B3: 0.57mg (2.85%), Vitamin C: 1.14mg (1.39%)