



Chocolate Halloween Pudding

READY IN



135 min.

SERVINGS



6

CALORIES



375 kcal

DESSERT

Ingredients

- ☐ 1 box peach pie filling instant (4-serving size) (not)
- ☐ 2.5 cups milk
- ☐ 1 teaspoon espresso powder instant
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup semi chocolate chips
- ☐ 7 oz chocolate icing
- ☐ 6 chocolate-hazelnut pirouette cookies with vanilla crème centers
- ☐ 8 chocolate wafers such as nabisco famous crushed thin

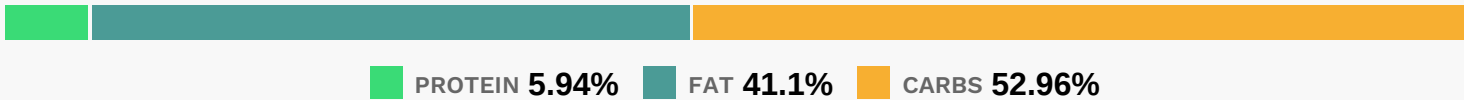
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ In 2-quart saucepan, stir together pudding mix, milk and coffee powder. Cook 5 minutes over medium heat, stirring frequently, until mixture boils and thickens.
- ☐ Remove from heat; stir in vanilla and chocolate chips with whisk until chocolate chips are melted. Divide mixture among 6 (4-oz) ramekins or custard cups. Cover with plastic wrap; refrigerate 2 hours.
- ☐ With cookie icing, write RIP on each chocolate cookie for tombstone.
- ☐ Just before serving, sprinkle tops of puddings with crushed wafer cookies; insert 1 tombstone cookie in each.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:18.32, Inflammation Score:-3, Nutrition Score:8.1956521324489%

Nutrients (% of daily need)

Calories: 375.38kcal (18.77%), Fat: 17.2g (26.46%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 47.98g (17.45%), Sugar: 38.85g (43.17%), Cholesterol: 13.5mg (4.5%), Sodium: 217.19mg (9.44%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 20.13mg (6.71%), Protein: 5.59g (11.19%), Vitamin B2: 0.3mg (17.74%), Phosphorus: 174.59mg (17.46%), Manganese: 0.35mg (17.32%), Calcium: 141.86mg (14.19%), Copper: 0.28mg (14.08%), Magnesium: 50.16mg (12.54%), Iron: 1.81mg (10.06%), Vitamin B12: 0.59µg (9.9%), Potassium: 297.76mg (8.51%), Fiber: 1.88g (7.53%), Vitamin D: 1.12µg (7.46%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.11mg (7.05%), Selenium: 4.39µg (6.27%), Vitamin K: 6.17µg (5.87%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.52mg (5.19%), Vitamin B3: 0.93mg (4.64%), Vitamin B6: 0.08mg (3.88%), Vitamin A: 174.64IU (3.49%), Folate: 12.05µg (3.01%)