



Chocolate-Hazelnut Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

DESSERT

Ingredients

- 2 cups milk
- 2 tablespoon cornstarch
- 0.1 teaspoon salt
- 2 tablespoon sugar
- 3 ounces chocolate dark (hazelnut-flavored chocolate)

Equipment

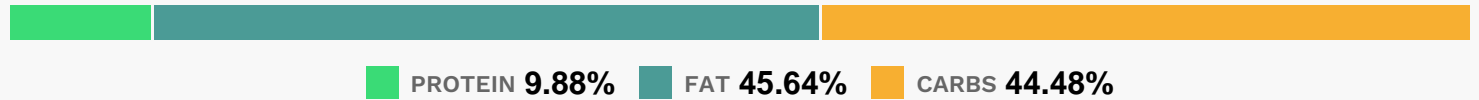
- bowl
- sauce pan

- whisk
- plastic wrap

Directions

- Stir cornstarch with 1/2 cup of the milk in a bowl until cornstarch completely dissolves.
- Heat remaining 1 1/2 cups milk, chocolate, sugar and salt in a small saucepan over medium-low heat, whisking occasionally, until chocolate melts. Raise heat to medium; cook, whisking occasionally, until almost boiling (steam will rise from the surface). Stir cornstarch-milk mixture again until smooth; add to saucepan in a thin stream, constantly whisking. Bring pudding to a simmer, continuing to whisk. Simmer, constantly whisking, 1 1/2 minutes more.
- Pour pudding into a bowl or four 5-ounce cups; press plastic wrap against the surface of pudding to prevent a skin from forming. Refrigerate at least 2 hours.
- Serve cold.
- Self

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:5.9, Inflammation Score:-3, Nutrition Score:7.9399999444899%

Nutrients (% of daily need)

Calories: 224.49kcal (11.22%), Fat: 11.42g (17.57%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 22.7g (8.25%), Sugar: 17.06g (18.96%), Cholesterol: 10.08mg (3.36%), Sodium: 132.8mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 5.56g (11.12%), Manganese: 0.43mg (21.66%), Copper: 0.38mg (19.25%), Phosphorus: 174.57mg (17.46%), Calcium: 157.31mg (15.73%), Magnesium: 61.58mg (15.39%), Iron: 2.58mg (14.31%), Vitamin B2: 0.24mg (13.88%), Vitamin B12: 0.68µg (11.42%), Fiber: 2.35g (9.41%), Potassium: 317.48mg (9.07%), Zinc: 1.27mg (8.49%), Selenium: 4.54µg (6.49%), Vitamin B5: 0.51mg (5.09%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.05mg (2.65%), Vitamin A: 128.65IU (2.57%), Vitamin K: 1.79µg (1.7%), Vitamin B3: 0.33mg (1.66%), Folate: 5.9µg (1.48%), Vitamin E: 0.16mg (1.07%)