



Chocolate Malt Pudding

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 2.5 cups half and half
- ☐ 8 liquid malt extract crushed
- ☐ 0.3 cup powdered milk such as ovaltine
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 5 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

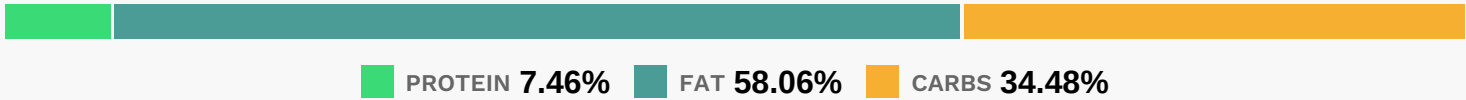
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together malted milk powder, sugar and cornstarch in a medium size saucepan.
- ☐ Whisk in 1/2 cup half-and-half until mixture is smooth.
- ☐ Add remaining half-and-half and cook over medium heat, whisking constantly, until mixture thickens and begins to boil, 2 to 3 minutes.
- ☐ Remove pan from heat and whisk in chocolate, until smooth.
- ☐ Whisk in vanilla. Spoon pudding into 4 dessert dishes.
- ☐ Serve warm, sprinkling each dish with some crushed malt candies. Or, if serving cold, scrape pudding into a large bowl, press a piece of plastic wrap onto pudding surface, and refrigerate for up to 1 day. Just before serving, divide pudding among 4 dessert dishes and sprinkle crushed malt candies on top.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:11.85, Inflammation Score:-5, Nutrition Score:11.15217392341%

Nutrients (% of daily need)

Calories: 471.15kcal (23.56%), Fat: 30.63g (47.12%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 38.66g (14.06%), Sugar: 35.77g (39.75%), Cholesterol: 62.88mg (20.96%), Sodium: 133.12mg (5.79%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Caffeine: 24.38mg (8.13%), Protein: 8.86g (17.72%), Phosphorus: 286.7mg (28.67%), Calcium: 258.59mg (25.86%), Vitamin B2: 0.43mg (25.03%), Manganese: 0.39mg (19.4%), Copper: 0.38mg (18.98%), Magnesium: 73.8mg (18.45%), Potassium: 483.73mg (13.82%), Selenium: 8.94µg (12.78%), Vitamin A: 628.8IU (12.58%), Zinc: 1.63mg (10.87%), Iron: 1.93mg (10.71%), Vitamin B12: 0.61µg (10.24%), Fiber: 2.27g (9.08%), Vitamin B5: 0.72mg (7.17%), Vitamin B6: 0.12mg (5.89%), Vitamin B1: 0.09mg (5.82%), Vitamin D: 0.84µg (5.6%), Vitamin K: 4.29µg (4.09%), Vitamin E: 0.6mg (3.99%), Vitamin B3: 0.56mg (2.82%), Vitamin C: 2.11mg (2.55%), Folate: 8.42µg (2.1%)