



Chocolate Mint Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 3 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 2 ginger tea bags snipped
- ☐ 1 teaspoon vanilla extract

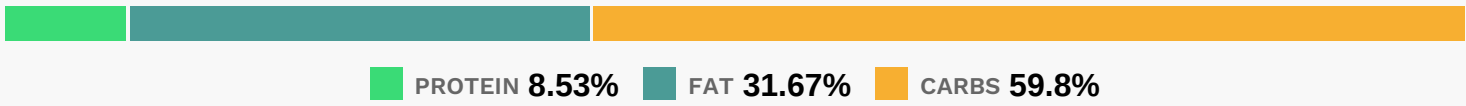
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Pour 2 cups milk into a small saucepan and warm over medium-high heat until nearly boiling.
- ☐ Remove from heat, add tea bags, cover and set aside for 10 minutes.
- ☐ Meanwhile, whisk together sugar, cornstarch and salt in a large bowl. Slowly pour in remaining 1 cup milk and vanilla, stirring to blend.
- ☐ Remove and discard tea bags.
- ☐ Pour warm milk into bowl with sugar mixture. Stir well and pour back into saucepan. Stir constantly over medium heat until thickened to consistency of mayonnaise.
- ☐ Remove from heat, add chocolate and stir until smooth. Strain into a pitcher or large measuring cup. (You should have about 3 cups.)
- ☐ Pour into ramekins, custard cups or glasses and serve warm, or cover with plastic wrap (let it touch surface of pudding) and refrigerate until ready to serve.
- ☐ Add a dollop of whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:13.8, Inflammation Score:-2, Nutrition Score:5.4630435342374%

Nutrients (% of daily need)

Calories: 214.32kcal (10.72%), Fat: 7.58g (11.66%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 31.4g (11.42%), Sugar: 26.05g (28.95%), Cholesterol: 15.21mg (5.07%), Sodium: 96.46mg (4.19%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.13mg (2.71%), Protein: 4.59g (9.19%), Calcium: 156.3mg (15.63%), Phosphorus: 148.52mg (14.85%), Vitamin B12: 0.68µg (11.26%), Vitamin B2: 0.18mg (10.4%), Vitamin D:

1.34µg (8.95%), Magnesium: 31.51mg (7.88%), Potassium: 238.07mg (6.8%), Manganese: 0.14mg (6.76%), Copper: 0.12mg (6.18%), Zinc: 0.76mg (5.04%), Vitamin B5: 0.48mg (4.84%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.07mg (4.76%), Vitamin A: 202.36IU (4.05%), Vitamin B6: 0.08mg (3.89%), Iron: 0.63mg (3.51%), Fiber: 0.8g (3.22%), Vitamin B3: 0.21mg (1.05%)