



Chocolate Natillas with Coffee-Bean Granita

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 8 servings coffee-bean granita
- ☐ 3 tablespoons cornstarch
- ☐ 4 large egg yolks
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vanilla extract
- ☐ 3.3 cups milk whole divided

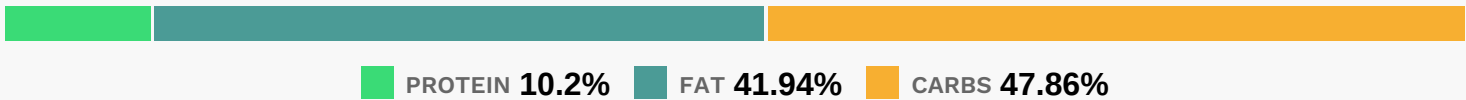
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ measuring cup

Directions

- ☐ Stir chocolate in top of double boiler set over simmering water until melted and smooth.
- ☐ Remove from over water.
- ☐ Pour 3 cups whole milk into heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring milk to simmer over medium-high heat.
- ☐ Remove from heat; cover and let steep 15 minutes.
- ☐ Whisk egg yolks and 1/4 cup milk in medium bowl to blend. Sift cornstarch over; whisk until mixture is blended and smooth. Gradually whisk in warm milk mixture. Return mixture to same saucepan.
- ☐ Whisk mixture constantly over medium heat until custard boils, thickens, and is smooth, about 4 minutes. Discard vanilla bean.
- ☐ Whisk in sweetened condensed milk and vanilla, then whisk in melted chocolate.
- ☐ Pour pudding through fine strainer into 4-cup measuring cup. Divide chocolate pudding among 8 goblets or dessert glasses (allow about 1/2 cup chocolate pudding for each glass). Cover puddings and refrigerate overnight.
- ☐ Top each serving with scoop of granita and serve.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:18.22, Inflammation Score:-4, Nutrition Score:11.533043394918%

Nutrients (% of daily need)

Calories: 386.79kcal (19.34%), Fat: 17.98g (27.67%), Saturated Fat: 10.06g (62.9%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 44.44g (16.16%), Sugar: 39.82g (44.24%), Cholesterol: 121.84mg (40.61%), Sodium: 107.3mg (4.67%), Alcohol: 0.56g (100%), Alcohol %: 0.38% (100%), Caffeine: 19.72mg (6.57%), Protein: 9.84g (19.67%), Phosphorus: 314.55mg (31.46%), Calcium: 287.21mg (28.72%), Vitamin B2: 0.4mg (23.53%), Selenium: 15.86µg (22.65%), Vitamin B12: 0.96µg (15.96%), Magnesium: 62.93mg (15.73%), Manganese: 0.3mg (14.93%), Copper: 0.28mg (14.15%), Potassium: 465.06mg (13.29%), Vitamin D: 1.65µg (10.99%), Zinc: 1.64mg (10.9%), Vitamin B5: 1.06mg (10.6%), Iron: 1.69mg (9.37%), Vitamin A: 426.25IU (8.52%), Vitamin B1: 0.12mg (8.14%), Fiber: 1.73g (6.91%), Vitamin B6: 0.12mg (6.16%), Folate: 17.87µg (4.47%), Vitamin E: 0.47mg (3.16%), Vitamin K: 2.19µg (2.08%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1.29mg (1.56%)