



Chocolate-Peanut Butter Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 tablespoon roasted peanuts unsalted chopped
- ☐ 2 tablespoons dutch-processed cocoa powder
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup cream light
- ☐ 1.5 cups milk 1% low-fat
- ☐ 2 ounces chocolate finely chopped

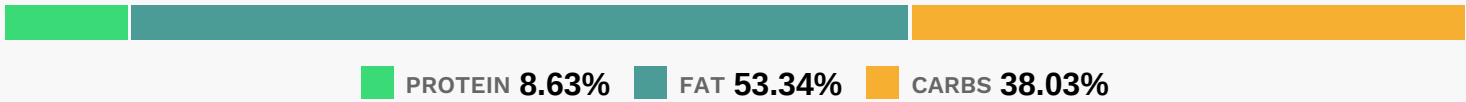
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine sugar, cornstarch, and cocoa in a medium saucepan; stir with a whisk.
- ☐ Whisk in milk and cream. Bring to a boil over medium-high heat. Cook 1 minute or until thick and bubbly.
- ☐ Remove from heat.
- ☐ Add chocolate and peanut butter, stirring until smooth. Spoon about 1/3 cup pudding into each of 6 bowls. Top each serving with 1/2 teaspoon peanuts.

Nutrition Facts



Properties

Glycemic Index:21.12, Glycemic Load:10.23, Inflammation Score:-4, Nutrition Score:6.5734782691883%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 262kcal (13.1%), Fat: 16.52g (25.42%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 24.69g (8.98%), Sugar: 20.06g (22.29%), Cholesterol: 25.06mg (8.35%), Sodium: 85.33mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.07mg (3.36%), Protein: 6.01g (12.03%), Manganese: 0.31mg (15.57%), Phosphorus: 142.28mg (14.23%), Magnesium: 48.52mg (12.13%), Calcium: 99.58mg (9.96%), Vitamin B2: 0.16mg (9.31%), Vitamin B3: 1.85mg (9.27%), Copper: 0.18mg (8.88%), Vitamin E: 1.19mg (7.95%), Fiber: 1.82g (7.3%), Potassium: 239.73mg (6.85%), Vitamin B12: 0.4µg (6.66%), Vitamin A: 317.4IU (6.35%), Zinc: 0.87mg (5.79%), Vitamin D: 0.77µg (5.12%), Vitamin B6: 0.1mg (4.95%), Vitamin B5: 0.41mg (4.13%), Vitamin B1: 0.06mg (4.11%), Iron: 0.74mg (4.11%), Selenium: 2.55µg (3.64%), Folate: 14.14µg (3.53%), Vitamin K: 1.27µg (1.21%)