



Chocolate Pudding

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



190 kcal

DESSERT

Ingredients

- 1 cup p of sugar
- 0.3 cup cocoa powder unsweetened such as hershey's
- 2.5 tablespoons cornstarch
- 1 teaspoon salt
- 2.5 cups milk whole
- 1.5 ounces bittersweet chocolate (such as ghirardelli) finely chopped
- 2 teaspoons vanilla extract

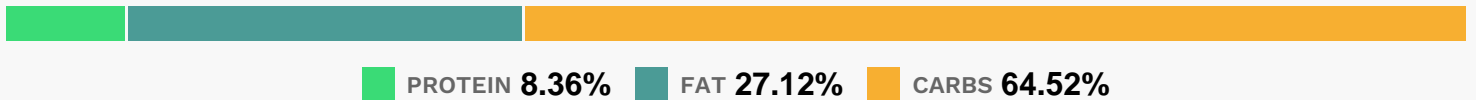
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Whisk the sugar, cocoa, cornstarch and salt in a heavy medium saucepan.
- Add half of the milk and whisk until the mixture is smooth.
- Whisk in the remaining milk. Continue whisking over medium heat until the pudding thickens and comes to boil, about 8 minutes. Continue to boil 1 minute longer, whisking constantly.
- Remove the pudding from the heat.
- Add the chopped chocolate and vanilla; whisk until the chocolate melts and the pudding is smooth.
- Pour the pudding into a medium bowl and place a piece of plastic wrap directly over the pudding to prevent a film from forming at the top. Cool in the refrigerator until set, 5 to 6 hours.
- Whisk the chilled pudding until smooth, and then spoon it evenly into 4 dessert bowls. Top each pudding with a dollop of whipped cream, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.71, Inflammation Score:-4, Nutrition Score:8.9165218291075%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 190.12kcal (9.51%), Fat: 9.69g (14.91%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 48.99g (17.81%), Sugar: 11.59g (12.87%), Cholesterol: 18.94mg (6.31%), Sodium: 642.14mg (27.92%),

Alcohol: 0.69g (100%), Alcohol %: 0.42% (100%), Caffeine: 21.51mg (7.17%), Protein: 6.72g (13.44%), Phosphorus: 221.89mg (22.19%), Calcium: 201.73mg (20.17%), Manganese: 0.36mg (18.1%), Copper: 0.34mg (17.12%), Magnesium: 64.24mg (16.06%), Vitamin B12: 0.84µg (14.04%), Vitamin B2: 0.23mg (13.56%), Fiber: 2.88g (11.54%), Vitamin D: 1.68µg (11.18%), Potassium: 373.96mg (10.68%), Zinc: 1.28mg (8.53%), Iron: 1.45mg (8.05%), Selenium: 4.7µg (6.72%), Vitamin B1: 0.09mg (6.21%), Vitamin B5: 0.62mg (6.15%), Vitamin B6: 0.1mg (5.18%), Vitamin A: 252.37IU (5.05%), Vitamin B3: 0.37mg (1.87%), Vitamin K: 1.36µg (1.29%)