



Chocolate Pudding

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



261 kcal

DESSERT

Ingredients

- 0.3 cup natural cocoa powder
- 4 teaspoons cornstarch
- 3 large egg yolks
- 0.3 teaspoon salt fine
- 0.5 cup sugar
- 2 teaspoons vanilla extract pure
- 0.8 cup whipping cream
- 2 cups milk whole

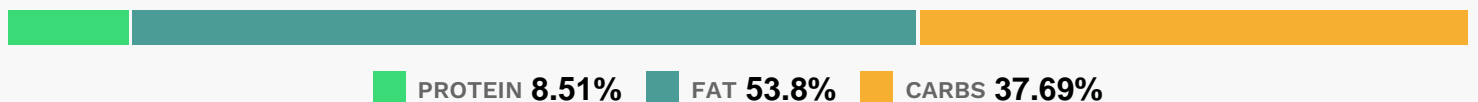
Equipment

- bowl
- sauce pan
- whisk
- blender
- plastic wrap

Directions

- Watch how to make this recipe.
- Put 1 1/2 cups of the milk, the sugar, and the cocoa in a nonreactive saucepan. Bring to a simmer, over medium-high heat.
- Remove from the heat.
- Meanwhile, whisk the remaining 1/2 cup of the milk, cornstarch, salt, egg yolks, and vanilla in a bowl. Gradually whisk the hot milk into the egg mixture. Return to the saucepan and cook over medium-high heat whisking constantly, until the pudding comes to a full boil. Reduce the heat to maintain a simmer, and continue whisking until thick, about 2 or 3 minutes more.
- Pour the pudding into 6 small cups. Cover with plastic wrap and refrigerate for at least 4 hours or ideally overnight until set.
- Just before serving pour the cream into a chilled bowl. Whip the cream with a whisk or a hand held mixer, and continue beating until soft peaks form. Take care not to over-beat the cream or it will be grainy.
- Serve each pudding with a dollop of whipped cream on top.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:7.4847826270953%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 261.3kcal (13.07%), Fat: 16.3g (25.08%), Saturated Fat: 9.55g (59.71%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 23.92g (8.7%), Sugar: 21.71g (24.13%), Cholesterol: 135.18mg (45.06%), Sodium: 141.32mg (6.14%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Caffeine: 10.99mg (3.66%), Protein: 5.8g (11.61%), Phosphorus: 167.87mg (16.79%), Vitamin A: 691.66IU (13.83%), Calcium: 137.16mg (13.72%), Vitamin B2: 0.23mg (13.47%), Vitamin D: 1.83µg (12.2%), Selenium: 8.02µg (11.46%), Vitamin B12: 0.65µg (10.88%), Manganese: 0.2mg (9.81%), Copper: 0.19mg (9.73%), Magnesium: 36.31mg (9.08%), Fiber: 1.78g (7.12%), Potassium: 234.52mg (6.7%), Vitamin B5: 0.65mg (6.46%), Zinc: 0.93mg (6.2%), Iron: 0.94mg (5.24%), Vitamin B6: 0.1mg (4.79%), Vitamin B1: 0.07mg (4.69%), Folate: 15.13µg (3.78%), Vitamin E: 0.54mg (3.59%), Vitamin K: 1.37µg (1.31%), Vitamin B3: 0.22mg (1.08%)