



Chocolate Pudding

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



4

CALORIES



787 kcal

DESSERT

Ingredients

- ☐ 6 ounces confectioners' sugar
- ☐ 2 ounces cornstarch
- ☐ 3 ounces dutch-processed cocoa
- ☐ 2 cups heavy cream
- ☐ 2 cups milk
- ☐ 1.5 ounces non-fat milk dry instant
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

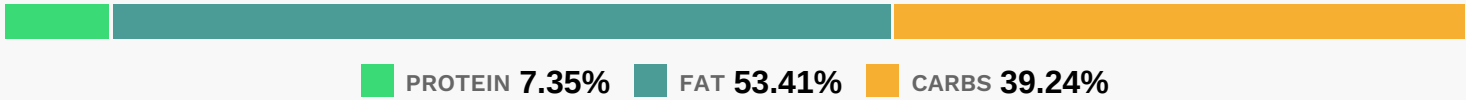
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Place 1 3/4 cups of dry pudding mix into a medium saucepan.
- ☐ Add milk and heavy cream and whisk to combine. Over medium heat, bring mixture to a boil, continuously whisking gently. Reduce heat to low and cook for 4 minutes while continuing to whisk.
- ☐ Remove from heat and stir in vanilla.
- ☐ Pour the mixture through a sieve and into individual dishes or a 1 1/2-quart serving dish. Cover the surface of the pudding with plastic wrap.
- ☐ Place in the refrigerator to chill completely before serving, approximately 4 hours.
- ☐ In a large bowl or plastic container with a lid, combine the cocoa, cornstarch, sugar, instant non-fat dry milk, and salt. Store in an airtight container in the refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:21.56434781655%

Flavonoids

Catechin: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg Epicatechin: 41.77mg, Epicatechin: 41.77mg, Epicatechin: 41.77mg, Epicatechin: 41.77mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 787.07kcal (39.35%), Fat: 49.87g (76.72%), Saturated Fat: 31.41g (196.31%), Carbohydrates: 82.42g (27.47%), Net Carbohydrates: 74.42g (27.06%), Sugar: 56.96g (63.29%), Cholesterol: 151.24mg (50.41%), Sodium: 723.42mg (31.45%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Caffeine: 48.9mg (16.3%), Protein: 15.43g (30.87%), Phosphorus: 453.12mg (45.31%), Vitamin A: 2178.59IU (43.57%), Manganese: 0.84mg (41.85%), Copper: 0.84mg (41.79%), Calcium: 390.95mg (39.09%), Vitamin B2: 0.62mg (36.3%), Magnesium: 141.32mg (35.33%), Fiber: 7.99g (31.98%), Vitamin D: 4.42µg (29.44%), Potassium: 812.41mg (23.21%), Vitamin B12: 1.28µg (21.29%), Zinc: 2.68mg (17.89%), Selenium: 12.48µg (17.83%), Iron: 3.21mg (17.82%), Vitamin B5: 1.19mg (11.92%), Vitamin B1: 0.15mg (10.2%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.18mg (7.85%), Vitamin K: 4.72µg (4.49%), Folate: 16.88µg (4.22%), Vitamin B3: 0.77mg (3.87%), Vitamin C: 1.44mg (1.74%)