



Chocolate Pudding

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 1 pinch salt
- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups milk whole

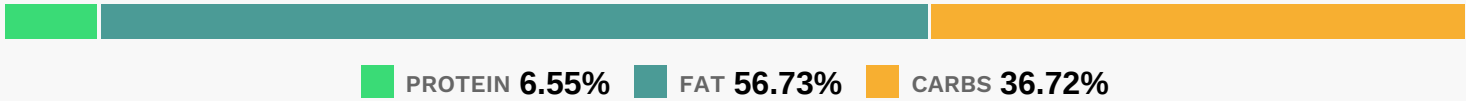
Equipment

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

Directions

- ☐ Whisk the egg yolks, sugar and cornstarch in a large bowl.
- ☐ Combine the milk, chocolate and salt in a saucepan over medium heat and stir until the chocolate melts. Gradually pour the hot chocolate mixture into the egg mixture, whisking constantly.
- ☐ Pour back into the saucepan and stir until thick, 12 to 15 minutes.
- ☐ Remove from the heat and stir in the vanilla, then divide among 6 to 8 dessert cups or dishes. Cover with plastic wrap and refrigerate until set, about 2 hours.
- ☐ Meanwhile, make the cinnamon cream: Whip the cream with the sugar in a bowl until it just holds soft peaks; fold in the cinnamon.
- ☐ Serve with the pudding.
- ☐ Photograph by Con Paulos

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:15.2, Inflammation Score:-6, Nutrition Score:10.317391329485%

Nutrients (% of daily need)

Calories: 456.65kcal (22.83%), Fat: 28.84g (44.37%), Saturated Fat: 17.14g (107.12%), Carbohydrates: 42g (14%), Net Carbohydrates: 40.03g (14.55%), Sugar: 34.64g (38.48%), Cholesterol: 122.08mg (40.69%), Sodium: 69.36mg

(3.02%), Alcohol: 0.75g (100%), Alcohol %: 0.44% (100%), Caffeine: 20.32mg (6.77%), Protein: 7.49g (14.98%), Phosphorus: 230.45mg (23.05%), Calcium: 199.54mg (19.95%), Vitamin A: 874.51IU (17.49%), Manganese: 0.34mg (17.19%), Vitamin B2: 0.29mg (17.06%), Copper: 0.31mg (15.5%), Vitamin D: 2.28µg (15.22%), Magnesium: 59.71mg (14.93%), Vitamin B12: 0.88µg (14.59%), Selenium: 8.89µg (12.7%), Potassium: 364.87mg (10.42%), Iron: 1.73mg (9.58%), Zinc: 1.36mg (9.07%), Vitamin B5: 0.8mg (7.98%), Fiber: 1.97g (7.88%), Vitamin B1: 0.09mg (6.27%), Vitamin B6: 0.12mg (5.84%), Vitamin E: 0.71mg (4.76%), Vitamin K: 3.4µg (3.24%), Folate: 9.86µg (2.47%), Vitamin B3: 0.36mg (1.82%)