



Chocolate Pudding

 Gluten Free

READY IN



135 min.

SERVINGS



5

CALORIES



201 kcal

DESSERT

Ingredients

- 5 servings garnishes: almonds toasted sliced
- 3 tablespoons cornstarch
- 1 large eggs lightly beaten
- 2 cups milk fat-free
- 0.1 teaspoon salt
- 0.7 cup sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract

- 0.3 cup non-dairy whipped topping frozen thawed reduced-fat

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- microwave

Directions

- Whisk together milk, sugar, cocoa, cornstarch, and salt in a medium-size heavy saucepan over medium-high heat, and cook, whisking constantly, 5 minutes or until mixture is hot. Gradually whisk 1/3 cup hot milk mixture into egg.
- Whisk egg mixture into remaining hot milk mixture.
- Cook, whisking constantly, 3 minutes or until mixture thickens.
- Remove from heat, and add chopped chocolate, stirring until chocolate melts and mixture is smooth. Stir in vanilla.
- Pour mixture into a glass bowl.
- Place heavy-duty plastic wrap directly on warm mixture (to prevent a film from forming), and chill 2 hours or until pudding is completely cool.
- Spoon 1/2 cup pudding into each of 5 individual serving dishes, and top each with 1 Tbsp. whipped topping.
- Garnish, if desired.
- Try These Twists!
- Whisk together milk, sugar, cocoa, cornstarch, and salt, adding 1 Tbsp. instant espresso to milk mixture. Proceed with recipe as directed. Per 1/2 cup: Calories 260; Fat 3g (sat 8g, mono 4g, poly 1g); Protein 4g; Carb 5g; Fiber 7g; Chol 44mg; Iron 1mg; Sodium 123mg; Calc 207mg
- Raspberry-Chocolate Pudding: Prepare pudding as directed through Step Microwave 1/3 cup raspberry jam in a small microwave-safe bowl at HIGH 30 seconds or until melted. Spoon 1 Tbsp. melted jam into bottom of each individual serving dish, and top each with 1/2 cup pudding and 1 Tbsp. whipped topping. Stir 1 tsp. water into remaining melted jam, and drizzle 1/2 tsp. jam mixture on top of whipped topping on each pudding.

Garnish with fresh raspberries, if desired. Per 1/2 cup: Calories 312; Fat 3g (sat 8g, mono 4g, poly 1g); Protein 3g; Carb 1g; Fiber 7g; Chol 44mg; Iron 1mg; Sodium 123mg; Calc 206mg

Nutrition Facts



PROTEIN 11.15% **FAT 12.37%** **CARBS 76.48%**

Properties

Glycemic Index:20.67, Glycemic Load:20.21, Inflammation Score:-4, Nutrition Score:7.0039129956909%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 200.94kcal (10.05%), Fat: 2.94g (4.52%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 38.69g (14.07%), Sugar: 33.35g (37.05%), Cholesterol: 40.3mg (13.43%), Sodium: 118.19mg (5.14%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Caffeine: 14.05mg (4.68%), Protein: 5.97g (11.94%), Phosphorus: 173.71mg (17.37%), Calcium: 146.96mg (14.7%), Manganese: 0.24mg (12.23%), Copper: 0.24mg (12.22%), Vitamin B2: 0.2mg (11.69%), Vitamin B12: 0.67µg (11.15%), Magnesium: 43.92mg (10.98%), Selenium: 6.35µg (9.07%), Fiber: 2.24g (8.98%), Vitamin D: 1.28µg (8.52%), Potassium: 277.2mg (7.92%), Zinc: 1mg (6.66%), Iron: 1.08mg (5.99%), Vitamin B5: 0.52mg (5.21%), Vitamin A: 258.12IU (5.16%), Vitamin B1: 0.06mg (4.32%), Vitamin B6: 0.08mg (4.11%), Folate: 8.64µg (2.16%), Vitamin B3: 0.26mg (1.32%)