



Chocolate Pudding

 Gluten Free

READY IN



20 min.

SERVINGS



7

CALORIES



235 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 2.5 cups milk low-fat
- 1 cup semi chocolate chips
- 0.3 cup sugar
- 0.5 tablespoon butter unsalted
- 1 teaspoon vanilla extract

Equipment

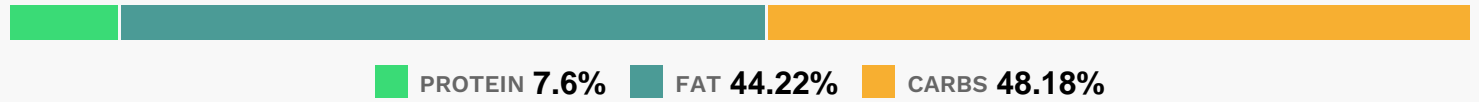
- sauce pan

- whisk
- plastic wrap

Directions

- Mix cornstarch and sugar in a medium saucepan.
- Slowly drizzle in 1/2 cup milk, whisking until smooth, then whisk in remaining 2 cups milk. Turn heat to medium-high and bring to a boil. Lower heat to medium and whisk until thickened, 3 to 4 minutes.
- Remove from heat and add chocolate chips, butter and vanilla.
- Whisk until smooth.
- Divide pudding into 8 parfait glasses.
- Serve warm, or press plastic wrap onto surface of each pudding and chill.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:4.99, Inflammation Score:-3, Nutrition Score:6.8156521605409%

Nutrients (% of daily need)

Calories: 234.51kcal (11.73%), Fat: 11.49g (17.67%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 26.08g (9.48%), Sugar: 20.82g (23.14%), Cholesterol: 7.91mg (2.64%), Sodium: 35.98mg (1.56%), Alcohol: 0.2g (100%), Alcohol %: 0.2% (100%), Caffeine: 22.11mg (7.37%), Protein: 4.44g (8.88%), Manganese: 0.35mg (17.33%), Copper: 0.32mg (16.23%), Phosphorus: 154.39mg (15.44%), Magnesium: 55.56mg (13.89%), Calcium: 122.59mg (12.26%), Vitamin B12: 0.56µg (9.37%), Iron: 1.65mg (9.14%), Fiber: 2.09g (8.35%), Potassium: 281.15mg (8.03%), Vitamin B2: 0.13mg (7.81%), Zinc: 1.05mg (6.99%), Vitamin D: 0.94µg (6.28%), Selenium: 4.08µg (5.83%), Vitamin A: 203.05IU (4.06%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.06mg (3.76%), Vitamin B6: 0.06mg (2.97%), Vitamin K: 2.01µg (1.91%), Vitamin B3: 0.31mg (1.57%), Vitamin E: 0.19mg (1.28%)