



## Chocolate Pudding and Pretzels

READY IN



75 min.

SERVINGS



4

CALORIES



442 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup cocoa powder
- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 2 cups milk
- ☐ 1 cup pretzels crushed
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup sugar

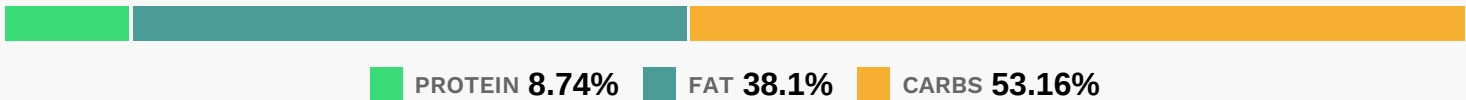
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F. On a sheet tray, gently toss pretzels, butter and 2 tablespoons sugar.
- ☐ Bake until sugar melts and crystallizes on the pretzels, about 10 minutes.
- ☐ Meanwhile, in a medium saucepan, whisk together the cocoa, 1/2 cup sugar and cornstarch. Form a well in the center and slowly whisk in milk over medium heat. This helps prevent the cornstarch from clumping. Bring mixture to a boil to thicken.
- ☐ Remove from heat. In a small bowl, whisk a little of the milk mixture into the egg to temper.
- ☐ Add egg mixture to the pot of milk.
- ☐ Heat over low until mixture thickens to a pudding-like consistency, about 3 to 5 minutes.
- ☐ Mix in chips until melted and combined well.
- ☐ Pour pudding into ramekins. Chill at least 1 hour. To serve, top with pretzels.

## Nutrition Facts



## Properties

Glycemic Index:60.27, Glycemic Load:32.4, Inflammation Score:-7, Nutrition Score:14.051739174387%

## Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 442.15kcal (22.11%), Fat: 19.92g (30.64%), Saturated Fat: 11.44g (71.47%), Carbohydrates: 62.54g (20.85%), Net Carbohydrates: 56.94g (20.71%), Sugar: 35.63g (39.58%), Cholesterol: 78.81mg (26.27%), Sodium: 381.49mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 34.4mg (11.47%), Protein: 10.28g (20.57%), Manganese: 0.76mg (37.96%), Copper: 0.59mg (29.6%), Phosphorus: 281.8mg (28.18%), Magnesium: 95.53mg (23.88%), Fiber: 5.59g (22.37%), Vitamin B2: 0.32mg (19.1%), Iron: 3.35mg (18.6%), Calcium: 185.21mg (18.52%), Potassium: 473.11mg (13.52%), Selenium: 9.42µg (13.46%), Vitamin B12: 0.79µg (13.25%), Zinc: 1.89mg (12.63%), Vitamin B1: 0.17mg (11.34%), Folate: 45.13µg (11.28%), Vitamin A: 525.06IU (10.5%), Vitamin D: 1.56µg (10.41%), Vitamin B5: 0.76mg (7.64%), Vitamin B3: 1.52mg (7.62%), Vitamin B6: 0.12mg (6.24%), Vitamin E: 0.59mg (3.94%), Vitamin K: 2.77µg (2.64%)