



Chocolate Pudding Pops

 Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



201 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate finely chopped
- 1 tablespoon cornstarch
- 1 large egg yolk
- 2.5 cups milk 2% reduced-fat
- 1 Dash salt
- 0.5 cup sugar
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

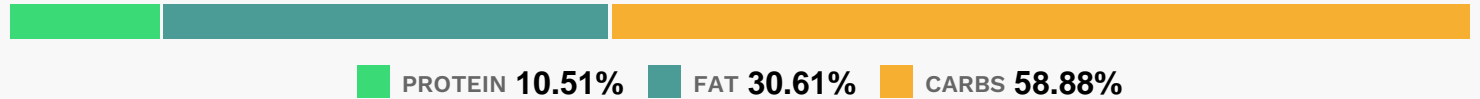
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

Directions

- Combine the first 6 ingredients in a medium saucepan over medium-high heat, stirring well with a whisk. Cook for 8 minutes or until thick and bubbly, stirring constantly.
- Remove pan from heat.
- Add 1 teaspoon vanilla and chocolate, stirring until smooth.
- Transfer the mixture to a bowl; place bowl in an ice-filled bowl. Cover surface of pudding directly with plastic wrap; cool completely. Spoon chocolate mixture evenly into 6 (4-ounce) ice-pop molds. Top with lid; insert craft sticks. Freeze 4 hours or until thoroughly frozen.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:7.9286956055009%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 200.51kcal (10.03%), Fat: 7.35g (11.31%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 28.41g (10.33%), Sugar: 25.3g (28.12%), Cholesterol: 39.03mg (13.01%), Sodium: 56.83mg (2.47%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Caffeine: 24.61mg (8.2%), Protein: 5.68g (11.36%), Manganese: 0.42mg (20.92%), Copper: 0.4mg (20%), Phosphorus: 178.9mg (17.89%), Magnesium: 63.47mg (15.87%), Calcium: 136.96mg (13.7%), Fiber: 3.42g (13.68%), Vitamin B2: 0.22mg (13.09%), Vitamin B12: 0.59µg

(9.89%), Iron: 1.71mg (9.48%), Potassium: 304.63mg (8.7%), Selenium: 6µg (8.57%), Zinc: 1.28mg (8.53%), Vitamin B5: 0.48mg (4.82%), Vitamin B1: 0.05mg (3.47%), Vitamin B6: 0.06mg (2.96%), Vitamin A: 145.88IU (2.92%), Folate: 11.35µg (2.84%), Vitamin B3: 0.33mg (1.65%), Vitamin E: 0.17mg (1.1%), Vitamin D: 0.15µg (1.02%), Vitamin K: 1.08µg (1.02%)