



Chocolate Pudding Towers

READY IN



224 min.

SERVINGS



4

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 8 chocolate wafers such as nabisco famous
- ☐ 2 tablespoons cornstarch
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.3 cup heavy cream
- ☐ 2 cups percent lowfat milk
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened plus more for garnish

☐ 2 tablespoons water boiling

Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat 4 (1/2-cup) ramekins with cooking spray.
- ☐ Put the chocolate in a medium, heat-proof bowl and set aside.
- ☐ Put the gelatin in a small bowl, add the boiling water and stir until dissolved. Set aside.
- ☐ In a medium saucepan whisk the 1/3 cup sugar, cocoa, cornstarch and salt. Gradually add the milk, whisking until smooth. Turn the heat on to medium and cook, whisking constantly, until the mixture thickens and comes to a boil, about 6 minutes. Boil for 1 minute.
- ☐ Remove from the heat and stir in the reserved gelatin, being sure to scrape in any solidified gelatin too. Immediately pour the hot pudding into the bowl of chocolate and let sit for 2 minutes. Stir until the chocolate is melted and smooth. Allow the pudding to cool for 10 minutes.
- ☐ Arrange 1 chocolate wafer in the bottom of each ramekin. Top with half of the chocolate pudding. Top with a second cookie and the remaining pudding. Cover the ramekins with plastic wrap and refrigerate for at least 3 hours. Whip the cream with the remaining 1 teaspoon sugar, using a wire whisk. When the pudding has chilled and set, run a knife around the edge of each ramekin and unmold the pudding towers onto individual plates. Spoon a dollop of whipped cream on top of each tower and garnish with cocoa powder.
- ☐ Excellent source of: Iodine
- ☐ Good source of: Protein, Riboflavin, Vitamin D, Calcium, Phosphorus

Nutrition Facts



 **PROTEIN 9.37%**  **FAT 37.65%**  **CARBS 52.98%**

Properties

Glycemic Index:29.9, Glycemic Load:15.75, Inflammation Score:-5, Nutrition Score:9.1260870014844%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 325.48kcal (16.27%), Fat: 14.02g (21.58%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 41.9g (15.24%), Sugar: 32.66g (36.28%), Cholesterol: 23.8mg (7.93%), Sodium: 135.11mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.14mg (6.38%), Protein: 7.85g (15.71%), Phosphorus: 202.32mg (20.23%), Manganese: 0.38mg (18.77%), Copper: 0.37mg (18.34%), Calcium: 175.51mg (17.55%), Magnesium: 59.51mg (14.88%), Vitamin B2: 0.24mg (14.39%), Vitamin B12: 0.78µg (13%), Vitamin D: 1.54µg (10.24%), Fiber: 2.5g (10.01%), Iron: 1.78mg (9.91%), Potassium: 346.02mg (9.89%), Vitamin A: 458.47IU (9.17%), Selenium: 5.96µg (8.52%), Zinc: 1.23mg (8.18%), Vitamin B1: 0.1mg (6.76%), Vitamin B5: 0.56mg (5.6%), Vitamin B6: 0.09mg (4.5%), Vitamin B3: 0.66mg (3.3%), Folate: 9.85µg (2.46%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.97µg (1.87%)