



Chocolate Pudding with Candy Roses

READY IN



105 min.

SERVINGS



5

CALORIES



1406 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder sifted
- 1.1 teaspoons baking soda sifted
- 2 ounces chocolate (recommended: Manjari)
- 0.3 cup cocoa powder
- 0.8 cup cocoa powder sifted
- 0.3 cup cornstarch sifted
- 2 egg whites
- 3 eggs
- 0.5 cup granulated sugar

- 4 cups half-and-half
- 1 cup mayonnaise
- 2.8 cups pastry flour sifted
- 10 rose petals
- 0.3 teaspoon salt
- 0.5 teaspoon salt sifted
- 0.5 cup sugar
- 1.8 cups sugar
- 1 vanilla pod
- 1 teaspoon vanilla extract
- 1 cup water
- 5 servings whipped cream for serving

Equipment

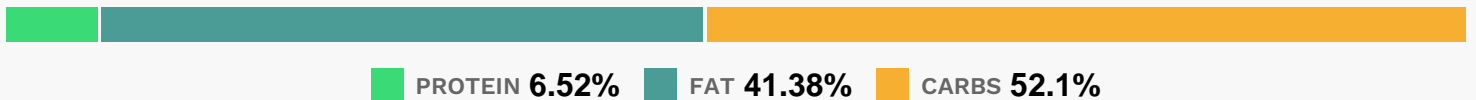
- oven
- whisk
- mixing bowl
- sieve
- plastic wrap
- cookie cutter

Directions

- Sift the first 5 ingredients into the cold half-and-half, whisk well to homogenize. Begin to heat while stirring constantly to 180 degrees F.
- Add chocolate and cook, stirring, for 1 full minute. Pass through a strainer and pour directly into dishes already containing the devils food cake pieces, then place plastic wrap directly on surface. Cool immediately in refrigerator.
- Preheat oven to 360 degrees F.
- In a mixing bowl with the whip, whisk the eggs and sugar until it reaches the ribbon stage.

- Whisk in the vanilla extract and mayonnaise.
- Add the dry ingredients alternating with the water.
- Mix only until combined. Do not over mix.
- Spread onto a quarter size sheet tray which has been sprayed with nonstick spray.
- The cake is ready when it springs back when touched. When cooled, use a circular cookie cutter and cut out circles to place in the bottom of molds. Make the depth of the cake approximately 1/2 the depth of your molds.
- Heat your oven to 200 degrees F.
- Brush petals in egg whites, remove excess white and dredge in granulated sugar.
- Place petals on a sheet tray and insert into the oven. Turn the oven off and allow them to crisp but not color. Break into pieces reserving the best looking ones for garnish.
- Place fresh whipped cream on top of the devil's food cake covered with chocolate pudding; then garnish with candied rose petals.

Nutrition Facts



Properties

Glycemic Index:89.97, Glycemic Load:80.08, Inflammation Score:-9, Nutrition Score:36.270869441654%

Flavonoids

Catechin: 12.08mg, Catechin: 12.08mg, Catechin: 12.08mg, Catechin: 12.08mg Epicatechin: 36.6mg, Epicatechin: 36.6mg, Epicatechin: 36.6mg, Epicatechin: 36.6mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 1406.16kcal (70.31%), Fat: 68.23g (104.97%), Saturated Fat: 24.57g (153.58%), Carbohydrates: 193.32g (64.44%), Net Carbohydrates: 178.18g (64.79%), Sugar: 125.28g (139.2%), Cholesterol: 189.34mg (63.11%), Sodium: 1109.36mg (48.23%), Alcohol: 0.28g (100%), Alcohol %: 0.06% (100%), Caffeine: 50.34mg (16.78%), Protein: 24.18g (48.37%), Manganese: 3.5mg (175.06%), Selenium: 62.49µg (89.27%), Vitamin K: 78.69µg (74.94%), Phosphorus: 652.94mg (65.29%), Fiber: 15.14g (60.56%), Magnesium: 223.49mg (55.87%), Copper: 1.11mg (55.64%), Vitamin B2: 0.77mg (45.14%), Iron: 6.11mg (33.94%), Calcium: 311.31mg (31.13%), Zinc: 4.37mg (29.14%), Vitamin B1: 0.42mg (28.29%), Potassium: 897.39mg (25.64%), Vitamin B6: 0.45mg (22.28%), Vitamin B3: 4.03mg (20.15%), Vitamin A: 990.96IU (19.82%), Vitamin E: 2.9mg (19.35%), Vitamin B5: 1.55mg (15.52%), Folate: 56.52µg (14.13%), Vitamin C: 10.26mg (12.44%), Vitamin B12: 0.68µg (11.41%), Vitamin D: 0.64µg (4.28%)