



Chocolate Puddings with Orange Whipped Cream

 Gluten Free

READY IN



205 min.

SERVINGS



6

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolk
- ☐ 1 tablespoon orange liqueur
- ☐ 0.3 teaspoon orange zest finely grated
- ☐ 1.5 cups chocolate chips 61% (do not exceed cacao)
- ☐ 0.5 cup sugar divided
- ☐ 2 tablespoons butter unsalted ()

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 cup whipping cream chilled
- ☐ 2.5 cups milk whole divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Whisk 1/2 cup plus 2 tablespoons sugar, cornstarch, and 1/4 teaspoon salt in medium saucepan to blend.
- ☐ Add 1/2 cup milk and egg yolks; whisk until smooth.
- ☐ Whisk in remaining 2 cups milk. Bring mixture to boil over medium-high heat, whisking constantly. Boil 1 minute, whisking constantly.
- ☐ Remove pan from heat; add chocolate chips and butter.
- ☐ Whisk pudding until melted and smooth. Stir in vanilla.
- ☐ Divide pudding evenly among 6 dessert cups or wineglasses.
- ☐ Place plastic wrap directly onto surface of each, covering pudding completely. Chill until cold, at least 3 hours. DO AHEAD: can be made up to 1 day ahead. Keep chilled.
- ☐ Using electric mixer, beat whipping cream, Grand Marnier, orange peel, and remaining 1 tablespoon sugar in medium bowl until peaks form. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Uncover puddings. Spoon dollop of whipped cream over each and serve.

Nutrition Facts



 PROTEIN **6.51%**  FAT **55.74%**  CARBS **37.75%**

Properties

Glycemic Index:18.02, Glycemic Load:13.44, Inflammation Score:-5, Nutrition Score:9.8130435891773%

Nutrients (% of daily need)

Calories: 539.44kcal (26.97%), Fat: 33.47g (51.5%), Saturated Fat: 24.72g (154.53%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 49.27g (17.92%), Sugar: 38.6g (42.89%), Cholesterol: 117.5mg (39.17%), Sodium: 98.67mg (4.29%), Alcohol: 0.71g (100%), Alcohol %: 0.43% (100%), Protein: 8.8g (17.6%), Calcium: 289.86mg (28.99%), Phosphorus: 200.38mg (20.04%), Vitamin B2: 0.31mg (18.33%), Vitamin A: 805.21IU (16.1%), Zinc: 2.22mg (14.77%), Vitamin B12: 0.84µg (14.02%), Potassium: 474.5mg (13.56%), Vitamin D: 1.97µg (13.14%), Selenium: 8.57µg (12.24%), Vitamin B5: 0.97mg (9.68%), Vitamin E: 1.29mg (8.57%), Vitamin B1: 0.12mg (7.89%), Magnesium: 31.05mg (7.76%), Vitamin B6: 0.15mg (7.55%), Fiber: 1.74g (6.97%), Vitamin K: 5.09µg (4.85%), Copper: 0.1mg (4.77%), Folate: 19.08µg (4.77%), Iron: 0.79mg (4.38%), Manganese: 0.07mg (3.68%), Vitamin B3: 0.6mg (3.01%)