



## Chocolate Ricotta Pudding

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



248 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons bittersweet chocolate finely grated plus more for garnish
- ☐ 0.1 pound blanched almonds and toasted coarsely chopped
- ☐ 2 teaspoons butter softened
- ☐ 1.5 ounces rum dark
- ☐ 4 tablespoons granulated sugar
- ☐ 6 servings lemon zest for garnish
- ☐ 0.8 pound ricotta cheese drained
- ☐ 2 eggs whole

## Equipment

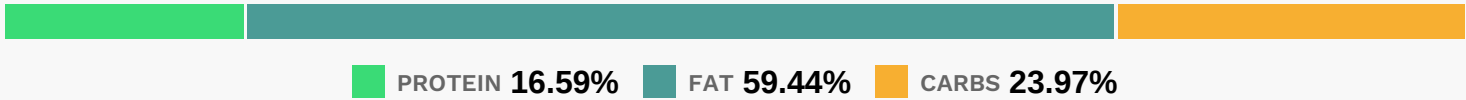
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ loaf pan
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ This is a serious childhood throwback for me. I have a memory of my mother taking this out of the oven and I could smell the chocolate and the almonds more than anything else. So delicious.
- ☐ Preheat the oven to 375 degrees F. Use the butter to thoroughly grease the bottom and sides of a 1 quart loaf pan.
- ☐ Add the 2 whole eggs to a small pot and cover them with cold water. Bring the water to a gentle boil over medium heat. When the water boils, lower the heat to a simmer and cook the eggs for 6 minutes.
- ☐ Remove the eggs from the pot and run them under cold water to stop them from overcooking.
- ☐ In a medium bowl add the ricotta and whisk until free of lumps.
- ☐ Add the sugar, rum, chocolate and almonds and stir to blend. Set aside.
- ☐ Peel the hard-boiled eggs and put the yolks through a small strainer to break them into small bits.
- ☐ Add the egg yolks to the ricotta mixture.
- ☐ In the bowl of an electric mixer fitted with a whisk attachment, add the 2 egg whites and beat until stiff peaks form, about 3 to 5 minutes. Gently fold the egg whites into the ricotta mixture with a rubber spatula, retaining as much fluffiness as possible.

- ☐
- Transfer the mixture to the loaf pan.
- ☐
- Put the pan into a shallow water bath and bake, undisturbed, for 50 minutes.
- ☐
- Remove the pan from the oven and the water bath. Allow to cool 10 to 15 minutes before serving.
- ☐
- Sprinkle with a touch of lemon zest and some chocolate over each individual portion.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:6.5413043369418%

## Nutrients (% of daily need)

Calories: 247.78kcal (12.39%), Fat: 15.63g (24.05%), Saturated Fat: 7.03g (43.97%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 12.83g (4.66%), Sugar: 10.49g (11.66%), Cholesterol: 32.8mg (10.93%), Sodium: 77.4mg (3.37%), Alcohol: 2.37g (100%), Alcohol %: 3.06% (100%), Caffeine: 4.3mg (1.43%), Protein: 9.82g (19.64%), Vitamin E: 2.38mg (15.84%), Selenium: 11.01µg (15.73%), Phosphorus: 150.25mg (15.02%), Calcium: 144.22mg (14.42%), Vitamin B2: 0.23mg (13.33%), Manganese: 0.25mg (12.29%), Magnesium: 41.53mg (10.38%), Copper: 0.18mg (8.79%), Zinc: 1.08mg (7.2%), Vitamin A: 297.22IU (5.94%), Fiber: 1.36g (5.43%), Potassium: 167.48mg (4.79%), Iron: 0.86mg (4.77%), Vitamin B12: 0.21µg (3.56%), Folate: 11.91µg (2.98%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.19mg (1.87%), Vitamin B1: 0.03mg (1.87%), Vitamin K: 1.1µg (1.05%)