



Chocolate Ricotta Pudding with Strawberry Sauce

 **Gluten Free**

READY IN



240 min.

SERVINGS



6

CALORIES



391 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract pure
- 6 ounces bittersweet chocolate unsweetened chopped (not)
- 6 servings butter for greasing cups
- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 3 large egg yolks
- 0.3 teaspoon ground cinnamon

- 1 teaspoon orange zest
- 0.1 teaspoon salt
- 1.5 pounds milk ricotta cheese fresh whole drained for 2 hours to remove any excess liquid
- 2 cups strawberries fresh
- 0.3 cup sugar
- 2 tablespoons sugar

Equipment

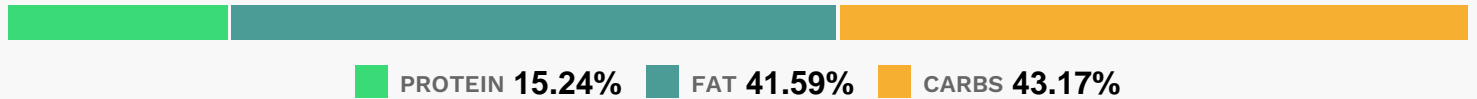
- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- hand mixer
- roasting pan

Directions

- To make the sauce: Blend the strawberries and sugar in a food processor until smooth. Strain the puree through a fine mesh strainer. Cover and refrigerate. (Can be made 8 hours ahead. Keep refrigerated.)
- To make the pudding: Preheat the oven to 325 degrees F.
- Lightly butter 6 (6-ounce) custard cups. Arrange the cups in a large roasting pan. Melt the chocolate in a medium bowl set over a saucepan of simmering water. Set the melted chocolate aside. Blend the ricotta, 1/4 cup of sugar, egg yolks, orange zest, almond extract, cinnamon, and salt in a food processor until very smooth. Blend in the melted chocolate.
- Transfer the ricotta mixture to a large bowl.

- Using an electric mixer with the whisk attachment, beat the egg whites in another large bowl with the cream of tartar until soft peaks form. Gradually beat in the remaining 1/3 cup of sugar. Continue beating until semi-firm peaks form. Fold the egg whites into the ricotta mixture. Spoon the mixture into the prepared cups. Fill the pan with enough hot water to come halfway up the sides of the custard cups.
- Bake until the pudding puffs slightly but the centers are still creamy, about 25 minutes (the pudding will become thick and creamy when cold). Allow puddings to cool slightly before removing from water bath.
- Remove the custard cups from the bath. Cover and refrigerate until cold, about 3 hours.
- Run a knife around the sides of the puddings to loosen. Invert the puddings onto plates.
- Drizzle the strawberry sauce around the puddings and serve.

Nutrition Facts



Properties

Glycemic Index:39.2, Glycemic Load:9.7, Inflammation Score:-4, Nutrition Score:10.262608559235%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 391.32kcal (19.57%), Fat: 17.38g (26.74%), Saturated Fat: 9.64g (60.22%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 37.29g (13.56%), Sugar: 28.9g (32.11%), Cholesterol: 122.39mg (40.8%), Sodium: 234.69mg (10.2%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 24.38mg (8.13%), Protein: 14.33g (28.66%), Vitamin C: 28.68mg (34.76%), Manganese: 0.58mg (29.18%), Calcium: 221.59mg (22.16%), Copper: 0.39mg

(19.46%), Selenium: 10.76µg (15.38%), Magnesium: 58.64mg (14.66%), Fiber: 3.31g (13.23%), Iron: 2.26mg (12.53%), Phosphorus: 122.2mg (12.22%), Vitamin B2: 0.15mg (8.62%), Potassium: 293.98mg (8.4%), Zinc: 1.03mg (6.85%), Folate: 24.84µg (6.21%), Vitamin A: 269.1IU (5.38%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.64mg (4.3%), Vitamin B12: 0.24µg (4%), Vitamin K: 3.53µg (3.36%), Vitamin B6: 0.06mg (3.19%), Vitamin D: 0.46µg (3.06%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.45mg (2.25%)