



Chocolate Rum Pudding

READY IN



40 min.

SERVINGS



1

CALORIES



725 kcal

DESSERT

Ingredients

- ☐ 1.5 oz bittersweet chocolate unsweetened (not)
- ☐ 1 teaspoons rum dark
- ☐ 1 large egg yolk
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 6 tablespoons cup heavy whipping cream chilled
- ☐ 0.3 teaspoon espresso powder
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup milk whole

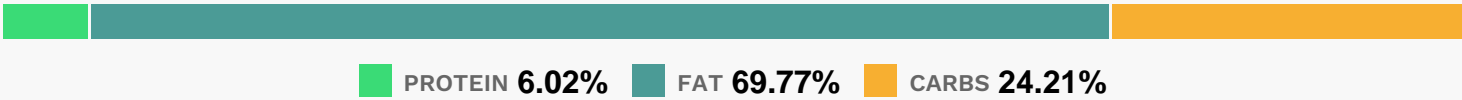
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Vigorously whisk together yolk, 1 tablespoon sugar, flour, and a pinch of salt until well blended.
- ☐ Heat milk and 3 tablespoons cream in a small heavy saucepan until hot but not boiling.
- ☐ Add about one third of hot milk to yolk mixture in a slow stream, whisking constantly.
- ☐ Add remaining milk, whisking, then transfer to saucepan. Bring to a simmer, whisking constantly, then continue to simmer, still whisking constantly, until thickened, about 1 minute.
- ☐ Remove from heat and add chocolate, rum (to taste), and espresso powder if using.
- ☐ Let stand until chocolate is melted, about 30 seconds, then whisk until smooth.
- ☐ Transfer to a glass and chill, covered, at least 30 minutes to cool quickly to room temperature.
- ☐ Just before serving, vigorously whisk remaining 3 tablespoons cream with remaining 1/2 teaspoon sugar in a small bowl until it holds soft peaks. Top pudding with whipped cream.
- ☐ •Pudding can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:198.09, Glycemic Load:11.48, Inflammation Score:-8, Nutrition Score:16.311304242715%

Nutrients (% of daily need)

Calories: 725.31kcal (36.27%), Fat: 55.96g (86.09%), Saturated Fat: 33.21g (207.56%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 40.2g (14.62%), Sugar: 34.23g (38.03%), Cholesterol: 297.61mg (99.2%), Sodium: 67.94mg (2.95%), Alcohol: 1.67g (100%), Alcohol %: 0.84% (100%), Caffeine: 44.42mg (14.81%), Protein: 10.87g (21.74%), Vitamin A: 1721.16IU (34.42%), Phosphorus: 315.41mg (31.54%), Manganese: 0.6mg (30.15%), Copper:

0.56mg (28.05%), Selenium: 18.46µg (26.37%), Vitamin B2: 0.41mg (24.09%), Magnesium: 93.23mg (23.31%), Vitamin D: 3.25µg (21.68%), Calcium: 208.66mg (20.87%), Iron: 3.4mg (18.89%), Vitamin B12: 0.99µg (16.52%), Zinc: 2.09mg (13.95%), Fiber: 3.48g (13.93%), Potassium: 479.54mg (13.7%), Vitamin B5: 1.18mg (11.82%), Vitamin E: 1.56mg (10.4%), Vitamin B1: 0.13mg (8.73%), Folate: 33.91µg (8.48%), Vitamin B6: 0.16mg (7.83%), Vitamin K: 6.32µg (6.02%), Vitamin B3: 0.75mg (3.76%)