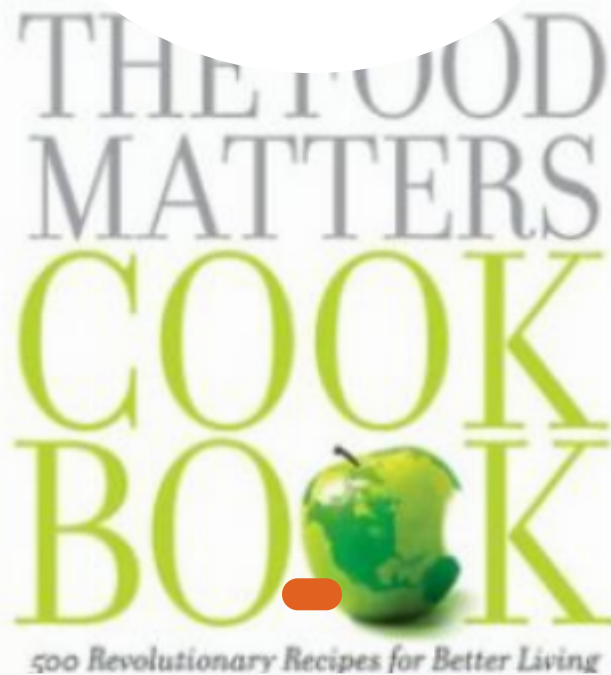




WHATSheATE



Cook the Book: Chocolate Semolina Pudding with Raspberry Puree

READY IN



45 min.

SERVINGS



9

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 4 tablespoons butter for the pan ()
- ☐ 0.3 cup cocoa powder
- ☐ 1 pound raspberries fresh
- ☐ 1 cup semolina
- ☐ 1 cup yogurt
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla extract

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ sieve

☐ blender

☐ baking pan

☐ spatula

Directions

☐ Preheat the oven to 375°F. Grease an 8- or 9- inch square baking pan.

☐ Put the butter in a skillet over medium-high heat. When the foam subsides, add cocoa powder and semisweet or bittersweet chocolate and stir until smooth.

☐ Remove from the heat.

☐ Beat the yogurt and sugar together in a large bowl.

☐ Add the butter and chocolate, the semolina, the baking soda, and the vanilla; beat until thoroughly blended.

☐ Spread the batter in the prepared pan.

☐ Bake until the pudding is lightly browned, about 30 minutes.

☐ Meanwhile, puree the raspberries in a blender or food processor. Depending on how flavorful they are, you may want to add a tablespoon of sugar or a squeeze of lemon juice to the mixture, but taste first to see if either is necessary. Then strain the puree, stirring and pressing the mixture through a sieve with a rubber spatula to leave any seeds behind; be sure to get all the puree from the underside of the strainer.

☐ When the pudding is done, let it rest for a few minutes, then cut it into squares or rectangles and serve warm, on some of the puree, with a few whole berries on top.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:19.25, Inflammation Score:-5, Nutrition Score:10.147826049639%

Flavonoids

Cyanidin: 23.07mg, Cyanidin: 23.07mg, Cyanidin: 23.07mg, Cyanidin: 23.07mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 260.23kcal (13.01%), Fat: 8.41g (12.94%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 37.56g (13.66%), Sugar: 23.37g (25.96%), Cholesterol: 14.3mg (4.77%), Sodium: 123.8mg (5.38%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Caffeine: 10.91mg (3.64%), Protein: 5.42g (10.85%), Manganese: 0.63mg (31.54%), Selenium: 18.7µg (26.72%), Fiber: 5.39g (21.55%), Vitamin C: 13.45mg (16.3%), Copper: 0.26mg (12.76%), Vitamin B1: 0.18mg (12.26%), Folate: 48.76µg (12.19%), Magnesium: 48.17mg (12.04%), Vitamin B2: 0.2mg (11.96%), Phosphorus: 118.02mg (11.8%), Iron: 1.92mg (10.68%), Calcium: 78.6mg (7.86%), Vitamin B3: 1.56mg (7.78%), Potassium: 254.55mg (7.27%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.48mg (4.8%), Vitamin K: 4.93µg (4.7%), Vitamin E: 0.67mg (4.47%), Vitamin A: 177.18IU (3.54%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.19µg (3.13%)