



Cookies and Cream Pudding

 Vegetarian

READY IN



260 min.

SERVINGS



8

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 4 ounces chocolate wafers such as nabisco famous such as famouschocolate wafers 20
- ☐ 0.3 cup cornstarch
- ☐ 5 large egg yolks beaten
- ☐ 8 servings kosher salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 4.5 cups milk whole

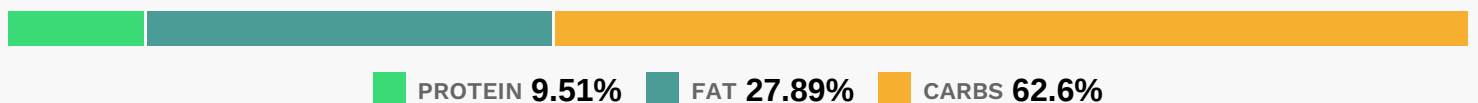
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ measuring cup
- ☐ meat tenderizer

Directions

- ☐ Heat 4 cups of the milk in a large saucepan over medium heat until steaming.
- ☐ Whisk the sugar, cornstarch and 1/2 teaspoon salt in a large bowl.
- ☐ Whisk in the egg yolks and the remaining 1/2 cup milk.
- ☐ Whisk half of the hot milk into the egg mixture until smooth, and then gradually whisk the egg-milk mixture back into the saucepan. Cook over medium heat, whisking constantly, until the mixture boils. Continue to cook, whisking constantly, until it has thickened to a pudding-like consistency, 3 to 4 minutes.
- ☐ Remove from the heat and stir in the vanilla extract.
- ☐ Cool slightly, stirring a few times to prevent a skin from forming.
- ☐ Place a piece of plastic wrap directly on top of the pudding and refrigerate until completely cooled and thickened, about 4 hours.
- ☐ Before serving, whisk the pudding vigorously until smooth and creamy.
- ☐ Put the cookies into a resealable plastic bag and lightly crush with the smooth side of a meat mallet or the bottom of a measuring cup. Reserve 1/2 cup of the crushed cookies and stir the rest into the pudding. Spoon the pudding into six to eight individual cups and top with the reserved crushed cookies.

Nutrition Facts



Properties

Glycemic Index:19.7, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:7.7978261683298%

Nutrients (% of daily need)

Calories: 297.39kcal (14.87%), Fat: 9.3g (14.31%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 46.46g (16.89%), Sugar: 37.04g (41.15%), Cholesterol: 131.5mg (43.83%), Sodium: 334.08mg (14.53%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 7.14g (14.28%), Phosphorus: 199.52mg (19.95%), Calcium: 187.5mg (18.75%), Vitamin B2: 0.29mg (16.99%), Vitamin B12: 0.96µg (16.02%), Vitamin D: 2.08µg (13.89%), Selenium: 9.67µg (13.81%), Vitamin B5: 0.88mg (8.84%), Vitamin B1: 0.12mg (8.3%), Vitamin A: 377.26IU (7.55%), Potassium: 249.4mg (7.13%), Zinc: 0.97mg (6.46%), Vitamin B6: 0.13mg (6.42%), Magnesium: 24.8mg (6.2%), Manganese: 0.12mg (5.83%), Folate: 22.17µg (5.54%), Iron: 0.9mg (4.99%), Copper: 0.08mg (4.02%), Vitamin E: 0.44mg (2.97%), Vitamin B3: 0.56mg (2.78%), Fiber: 0.53g (2.12%)