



Creamiest Chocolate Pudding

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.3 cup bittersweet chocolate finely chopped (60 to 70 percent cocoa)
- 3 tablespoons cornstarch
- 0.5 cup evaporated milk fat-free
- 0.5 cup granulated sugar
- 2.5 cups low fat milk 1% low-fat
- 0.3 teaspoon salt
- 3 tablespoons unsweetened cocoa unsweetened
- 1 teaspoon vanilla extract

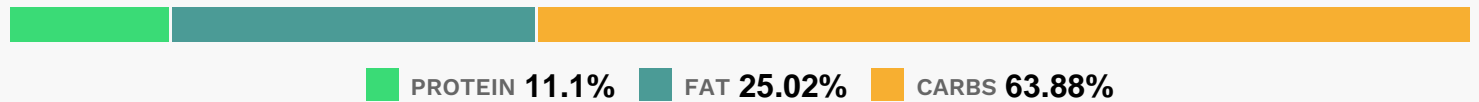
Equipment

- sauce pan
- whisk
- plastic wrap
- ramekin

Directions

- Combine first 4 ingredients in a medium, heavy saucepan; stir with a whisk. Gradually add low-fat milk and evaporated milk, stirring with a whisk. Bring to a boil over medium-high heat, stirring constantly with a whisk. Reduce heat, and simmer 1 minute or until thick.
- Remove from heat; add chocolate, stirring until melted and mixture is smooth. Stir in vanilla.
- Pour about 2/3 cup pudding into each of 6 (8-ounce) ramekins; cover surface of each serving with plastic wrap. Chill at least 4 hours.
- Remove plastic wrap; serve.
- Garnish with fresh mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:0, Nutrition Score:6.6247825791007%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 199.88kcal (9.99%), Fat: 5.71g (8.79%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 31.27g (11.37%), Sugar: 26.42g (29.36%), Cholesterol: 11.44mg (3.81%), Sodium: 159.35mg (6.93%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.02mg (4.01%), Protein: 5.7g (11.4%), Calcium: 186.81mg (18.68%), Phosphorus: 181.78mg (18.18%), Vitamin B2: 0.22mg (12.79%), Vitamin B12: 0.65µg (10.78%), Magnesium: 42.35mg (10.59%), Manganese: 0.2mg (10.07%), Copper: 0.19mg (9.69%), Potassium: 300.78mg

(8.59%), Vitamin D: 1.1µg (7.35%), Zinc: 0.95mg (6.35%), Fiber: 1.54g (6.18%), Selenium: 3.73µg (5.33%), Vitamin B5: 0.52mg (5.17%), Vitamin A: 246.57IU (4.93%), Iron: 0.88mg (4.87%), Vitamin B1: 0.07mg (4.69%), Vitamin B6: 0.08mg (3.76%), Vitamin B3: 0.27mg (1.35%), Folate: 4.45µg (1.11%)