



Creamy Chocolate Pudding

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 4 chocolate wafers such as nabisco famous (such as Nabisco's Famous Chocolate Wafers)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 ounces cream cheese light block-style softened
- ☐ 1 cup curd cottage cheese 2% low-fat
- ☐ 4 tablespoons milk 1% low-fat
- ☐ 0.5 cup milk chocolate chips
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon vanilla extract

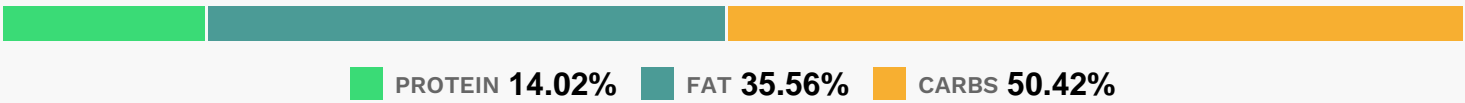
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine chocolate and milk in small microwave-safe bowl. Microwave on HIGH 1 minute, stirring after 30 seconds. Stir until smooth. Cool slightly.
- ☐ Combine cottage cheese and next 4 ingredients (through vanilla) in food processor and process 23 minutes, stopping to scrape down sides once or twice, until very smooth.
- ☐ Add chocolate mixture; process until smooth and blended.
- ☐ Spoon pudding into individual serving dishes. Top with chocolate shavings, if desired, and serve with a wafer.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:3.7939130590176%

Nutrients (% of daily need)

Calories: 254.75kcal (12.74%), Fat: 10.17g (15.65%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 32.17g (11.7%), Sugar: 28.05g (31.17%), Cholesterol: 10.78mg (3.59%), Sodium: 321.18mg (13.96%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 9.02g (18.04%), Phosphorus: 120.74mg (12.07%), Vitamin B12: 0.58µg (9.72%), Calcium: 93.68mg (9.37%), Vitamin B2: 0.16mg (9.34%), Selenium: 6.37µg (9.1%), Potassium: 185.82mg (5.31%), Manganese: 0.07mg (3.44%), Vitamin B5: 0.32mg (3.19%), Folate: 12.6µg (3.15%), Zinc: 0.43mg (2.86%), Vitamin B6: 0.06mg (2.86%), Vitamin A: 131.9IU (2.64%), Vitamin B1: 0.04mg (2.56%), Copper: 0.05mg (2.49%), Magnesium: 9.07mg (2.27%), Iron: 0.36mg (2%), Vitamin B3: 0.28mg (1.41%), Vitamin D: 0.21µg (1.38%), Fiber: 0.27g (1.08%)