



## Creamy Vanilla Pudding

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



266 kcal

DESSERT

### Ingredients

- 2.5 cups milk whole divided
- 1 pinch salt
- 0.5 cup sugar
- 3 tablespoons cornstarch
- 2 large egg yolk
- 1 teaspoon vanilla extract
- 1 tablespoon butter

### Equipment

sauce pan

## Directions

Place 2 cups milk and salt in a saucepan.

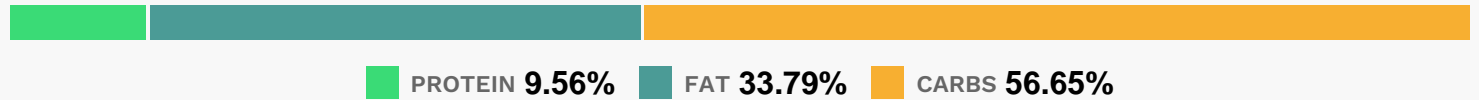
Sprinkle sugar on milk and do not stir; heat over medium-high. Quickly combine cornstarch with remaining milk; add egg yolks and mix well. When milk comes to a full boil, remove saucepan from the heat and stir in cornstarch mixture. Pudding will begin to thicken. Return to the heat and cook for 1 minute.

Remove from the heat; stir in vanilla and butter.

Pour into individual dishes.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:39.52, Glycemic Load:20.16, Inflammation Score:-3, Nutrition Score:6.7195651881073%

## Nutrients (% of daily need)

Calories: 265.95kcal (13.3%), Fat: 10.05g (15.47%), Saturated Fat: 5.45g (34.05%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 37.88g (13.77%), Sugar: 32.46g (36.07%), Cholesterol: 117.63mg (39.21%), Sodium: 95.1mg (4.13%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 6.4g (12.8%), Calcium: 199.87mg (19.99%), Phosphorus: 188.85mg (18.89%), Vitamin B12: 1µg (16.59%), Vitamin B2: 0.26mg (15.42%), Vitamin D: 2.14µg (14.24%), Selenium: 8.01µg (11.44%), Vitamin A: 457.08IU (9.14%), Vitamin B5: 0.83mg (8.27%), Potassium: 241.02mg (6.89%), Vitamin B1: 0.1mg (6.71%), Vitamin B6: 0.12mg (6.16%), Zinc: 0.83mg (5.54%), Magnesium: 19.1mg (4.77%), Folate: 12.52µg (3.13%), Vitamin E: 0.38mg (2.51%), Iron: 0.27mg (1.53%)