



Dark Chocolate Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

DESSERT

Ingredients

- 2 oz baker's chocolate unsweetened
- 1 eggs
- 3.5 cups milk
- 3 Tbsp minute tapioca
- 0.7 cup sugar
- 1 tsp vanilla

Equipment

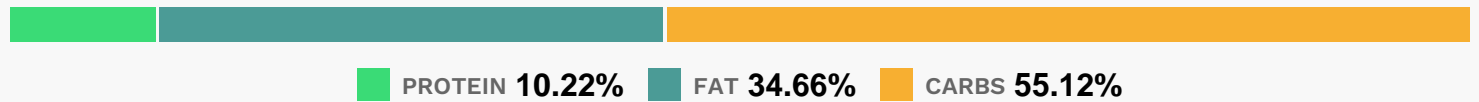
- sauce pan

whisk

Directions

- Beat egg lightly in medium saucepan with wire whisk.
- Add sugar and tapioca; mix well. Gradually add milk, beating well after each addition.
- Let stand 5 minutes.
- Add chocolate. Bring to boil on medium heat, stirring constantly. Reduce heat to medium-low; cook until chocolate is completely melted, stirring constantly.
- Remove from heat.
- Stir in vanilla. Cool 20 minutes; stir. (Pudding thickens as it cools.)
- Serve warm or chilled. Store leftover pudding in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.1547826003769%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg

Nutrients (% of daily need)

Calories: 33.44kcal (1.67%), Fat: 1.37g (2.11%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.9g (4.33%), Cholesterol: 5.91mg (1.97%), Sodium: 8.94mg (0.39%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 0.91g (1.82%), Manganese: 0.05mg (2.69%), Phosphorus: 26.15mg (2.61%), Calcium: 25.2mg (2.52%), Copper: 0.04mg (2.1%), Vitamin B2: 0.03mg (1.92%), Vitamin B12: 0.11µg (1.85%), Magnesium: 6.53mg (1.63%), Vitamin D: 0.23µg (1.52%), Zinc: 0.21mg (1.41%), Iron: 0.24mg (1.32%), Potassium: 40.47mg (1.16%), Selenium: 0.78µg (1.12%)