



Deep, Dark Chocolate Pudding

 Gluten Free

READY IN



230 min.

SERVINGS



8

CALORIES



480 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 0.5 cup crème fraîche
- 0.3 cup dutch-processed cocoa powder
- 4 large egg yolk
- 0.8 cup granulated sugar
- 1 cup cup heavy whipping cream
- 0.3 cup powdered sugar
- 0.3 teaspoon salt fine

- 1.5 cups bittersweet chocolate finely chopped
- 1 teaspoon vanilla extract
- 1.5 cups milk whole

Equipment

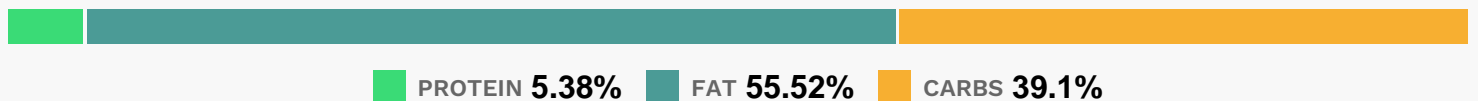
- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap
- ramekin
- stand mixer
- spatula

Directions

- Place a fine-mesh strainer over a large bowl; set aside.
- Place the egg yolks and cream in a large bowl and whisk to combine; set aside.
- Place the sugar, cocoa powder, cornstarch, and salt in a large, heavy-bottomed saucepan and whisk to combine. Slowly whisk in the milk until smooth.
- Place the pan over medium heat, stirring constantly with a rubber spatula and making sure to scrape the bottom of the pan, until the mixture comes to a simmer and thickens slightly, about 6 minutes.
- Remove the pan from the heat and slowly whisk the contents into the reserved egg yolk mixture.
- Pour the egg-cocoa mixture back into the saucepan and continue cooking over medium heat, stirring constantly and scraping the bottom of the pan, until it just begins to simmer, about 7 minutes. Reduce the heat to low and cook, stirring constantly, until thickened, about 1 minute more. Immediately pour the mixture through the prepared strainer, scraping any extra clinging to the underside of the strainer into the bowl; discard the solids left in the strainer.

- Add the chocolate and vanilla to the bowl and stir until the chocolate has melted and the pudding is smooth.
- Transfer the pudding to small ramekins or bowls. Immediately press sheets of plastic wrap directly onto the surface of the puddings to prevent a skin from forming. Refrigerate until very cold, at least 3 hours or overnight. For the whipped crème fraîche topping: When ready to serve the pudding, chill the bowl of a stand mixer and the whisk attachment in the freezer for 10 minutes.
- Place all of the topping ingredients in the chilled bowl and whisk on high speed until medium peaks form, about 1 to 2 minutes. (Alternatively, you can use a hand whisk and a large chilled bowl.
- Whisk all of the ingredients until medium peaks form, about 5 to 6 minutes.)
- Serve immediately with the pudding.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:13.9, Inflammation Score:-6, Nutrition Score:10.846521714459%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 480.19kcal (24.01%), Fat: 30.25g (46.53%), Saturated Fat: 17.4g (108.77%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 44.28g (16.1%), Sugar: 38.14g (42.38%), Cholesterol: 141.36mg (47.12%), Sodium: 111.05mg (4.83%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 34.4mg (11.47%), Protein: 6.59g (13.18%), Manganese: 0.55mg (27.5%), Copper: 0.53mg (26.39%), Phosphorus: 213mg (21.3%), Magnesium: 80.75mg (20.19%), Iron: 2.75mg (15.26%), Selenium: 10.41µg (14.88%), Vitamin A: 739.97IU (14.8%), Fiber: 3.65g (14.59%), Vitamin B2: 0.22mg (12.67%), Calcium: 125.56mg (12.56%), Zinc: 1.56mg (10.4%), Potassium: 352.31mg (10.07%), Vitamin D: 1.44µg (9.59%), Vitamin B12: 0.55µg (9.16%), Vitamin B5: 0.65mg (6.54%), Vitamin E: 0.77mg (5.11%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.06mg (4.14%), Folate: 15.32µg (3.83%), Vitamin K: 3.79µg (3.61%), Vitamin B3: 0.42mg (2.09%)