

# Deluxe Chocolate Pudding

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



254 kcal

## Ingredients

- 3.9 ounces chocolate pudding instant
- 1.8 cups milk cold
- 4 pecans
- 0.3 cup pecans chopped
- 0.5 teaspoon rum extract
- 0.3 cup cream sour

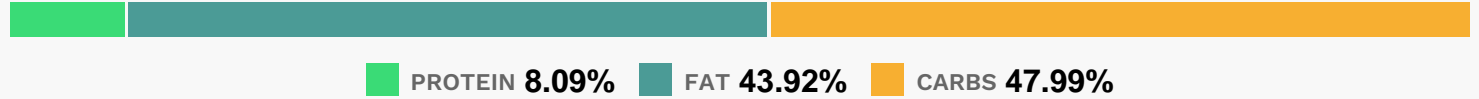
## Equipment

- bowl
- whisk

## Directions

- In a bowl, combine milk, pudding mix, sour cream and extract.
- Whisk until slightly thickened, about 2–3 minutes. Stir in pecans if desired. Spoon into four bowls. Top with pecan halves if desired.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:1.93, Inflammation Score:-3, Nutrition Score:7.0808694893899%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

## Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 12.64g (19.45%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 29.31g (10.66%), Sugar: 24.71g (27.45%), Cholesterol: 21.29mg (7.1%), Sodium: 440.01mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 0.48mg (23.84%), Phosphorus: 161.39mg (16.14%), Calcium: 154.89mg (15.49%), Vitamin B2: 0.2mg (11.61%), Vitamin B12: 0.61µg (10.11%), Copper: 0.2mg (10%), Magnesium: 36.62mg (9.16%), Vitamin B1: 0.12mg (7.97%), Potassium: 277mg (7.91%), Vitamin D: 1.17µg (7.83%), Fiber: 1.78g (7.13%), Zinc: 1.03mg (6.86%), Vitamin A: 267.09IU (5.34%), Vitamin B5: 0.52mg (5.24%), Selenium: 3.56µg (5.09%), Vitamin B6: 0.09mg (4.58%), Iron: 0.57mg (3.19%), Vitamin E: 0.24mg (1.62%), Vitamin B3: 0.29mg (1.43%), Vitamin K: 1.24µg (1.18%)