



## Double Chocolate Pudding

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



178 kcal

DESSERT

### Ingredients

- 0.3 cup cocoa powder
- 0.3 cup cornstarch
- 5 ounces evaporated milk canned
- 3 cups skim milk fat-free
- 1 ounce german chocolate sweet grated
- 0.1 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract

0.3 cup non-dairy whipped topping

## Equipment

sauce pan

## Directions

In a large heavy saucepan, combine the sugar, cocoa, cornstarch and salt. Gradually add the milks. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.

Remove from the heat.

Stir in grated chocolate and vanilla. Spoon into individual serving dishes.

Serve warm or cold with whipped topping.

## Nutrition Facts



**PROTEIN 11.09%** **FAT 16.53%** **CARBS 72.38%**

## Properties

Glycemic Index:12.92, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:5.7113043925037%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 177.54kcal (8.88%), Fat: 3.4g (5.24%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.19g (11.7%), Sugar: 27.57g (30.63%), Cholesterol: 7.94mg (2.65%), Sodium: 95.82mg (4.17%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 8.24mg (2.75%), Protein: 5.14g (10.28%), Calcium: 174.12mg (17.41%), Phosphorus: 162.86mg (16.29%), Vitamin B2: 0.19mg (11.24%), Vitamin B12: 0.57µg (9.43%), Magnesium: 33.5mg (8.38%), Potassium: 265.19mg (7.58%), Manganese: 0.15mg (7.27%), Copper: 0.14mg (7.22%), Vitamin D: 1.03µg (6.86%), Fiber: 1.36g (5.45%), Zinc: 0.8mg (5.34%), Iron: 0.84mg (4.65%), Vitamin A: 231.51IU (4.63%), Vitamin B5: 0.45mg (4.5%), Selenium: 3.04µg (4.34%), Vitamin B1: 0.06mg (4.21%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.23mg (1.13%), Folate: 4.47µg (1.12%)