



## Double Chocolate Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

DESSERT

### Ingredients

- 6 servings milk chocolate shavings
- 1 tablespoon confectioners' sugar
- 6 eggs
- 0.3 cup flour
- 1 cup granulated sugar
- 0.8 cup heavy cream
- 3 cups milk
- 0.3 teaspoon salt
- 4 ounces bittersweet chocolate finely chopped

- 2 ounces chocolate white finely chopped

## Equipment

- bowl
- sauce pan
- whisk
- wooden spoon

## Directions

- In a medium bowl, whisk eggs; set aside.
- In a medium saucepan, combine milk, granulated sugar, flour and salt until well blended. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil.
- Remove from heat.
- Whisk about 1 cup hot mixture into eggs. Slowly pour egg mixture into saucepan, whisking constantly. Cook over medium-low heat, stirring constantly with a wooden spoon, until very thick, about 1 minute.
- Remove from heat.
- Spoon 2 1/2 cups hot pudding into medium bowl; stir in semisweet chocolate until smooth.
- Add white chocolate to remaining pudding in saucepan; stir until smooth.
- Let cool for about 30 minutes, whisking each puddings occasionally to keep a skin from forming.
- Spoon half of semisweet chocolate pudding into a 6-cup, straight-sided glass bowl; refrigerate for 10 minutes. Top with white-chocolate pudding; refrigerate for 10 minutes. Spoon remaining chocolate pudding on top. Refrigerate until set, about 3 hours.
- Whip heavy cream and confectioners' sugar until mixture is stiff. Spoon on top of pudding and sprinkle with chocolate shavings, if desired.

## Nutrition Facts



PROTEIN 9.05%  FAT 46.89%  CARBS 44.06%

## Properties

Glycemic Index:42.18, Glycemic Load:33.17, Inflammation Score:-6, Nutrition Score:13.746956536303%

## Nutrients (% of daily need)

Calories: 562.22kcal (28.11%), Fat: 29.66g (45.63%), Saturated Fat: 16.72g (104.48%), Carbohydrates: 62.71g (20.9%), Net Carbohydrates: 60.92g (22.15%), Sugar: 54.37g (60.41%), Cholesterol: 215.12mg (71.71%), Sodium: 224.76mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.11mg (5.7%), Protein: 12.88g (25.76%), Selenium: 21.38µg (30.54%), Phosphorus: 303.47mg (30.35%), Vitamin B2: 0.5mg (29.57%), Calcium: 226.93mg (22.69%), Vitamin B12: 1.19µg (19.78%), Vitamin D: 2.7µg (17.99%), Vitamin A: 885.35IU (17.71%), Manganese: 0.33mg (16.55%), Copper: 0.3mg (15.13%), Magnesium: 59.69mg (14.92%), Vitamin B5: 1.35mg (13.53%), Iron: 2.42mg (13.45%), Potassium: 419.98mg (12%), Zinc: 1.79mg (11.93%), Vitamin B1: 0.16mg (10.58%), Folate: 35.24µg (8.81%), Vitamin B6: 0.17mg (8.74%), Fiber: 1.8g (7.19%), Vitamin E: 1.01mg (6.73%), Vitamin B3: 0.83mg (4.14%), Vitamin K: 3.76µg (3.58%)