



Double Chocolate Pudding

 Gluten Free

READY IN



55 min.

SERVINGS



3

CALORIES



555 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons very cocoa powder good
- ☐ 0.3 cup cornstarch
- ☐ 6 extra large egg yolks
- ☐ 2 tablespoons heavy cream
- ☐ 2 cups milk
- ☐ 1 pinch salt
- ☐ 1 ounce very semisweet chocolate good chopped
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 teaspoons vanilla extract pure

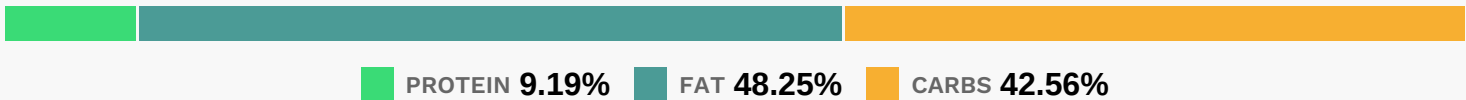
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Beat the egg yolks and sugar until light yellow and thick in the bowl of an electric mixer fitted with the paddle attachment, on medium-high speed. On low speed, add the cornstarch, cocoa powder, and salt. Bring the milk to a boil in a medium saucepan and, with the mixer on low, slowly pour the hot milk into the chocolate mixture.
- ☐ Combine well, then pour the mixture back into the pan.
- ☐ Cook the mixture over low heat, stirring constantly with a whisk or wooden spoon, until thickened. If the mixture begins to curdle, remove it from the heat and beat it vigorously with a wire whisk.
- ☐ Remove the pan from the heat, add the chocolate, butter, vanilla, and heavy cream, and mix until the chocolate and butter are melted.
- ☐ Pour into serving bowls.
- ☐ Place plastic wrap directly on the top of the pudding, and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:36.03, Glycemic Load:26.16, Inflammation Score:-6, Nutrition Score:16.303043425407%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 555.29kcal (27.76%), Fat: 30.34g (46.68%), Saturated Fat: 16.04g (100.28%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 57.51g (20.91%), Sugar: 45.4g (50.44%), Cholesterol: 440.25mg (146.75%), Sodium: 99.21mg (4.31%), Alcohol: 0.69g (100%), Alcohol %: 0.31% (100%), Caffeine: 19.63mg (6.54%), Protein: 13.01g (26.02%), Phosphorus: 375.51mg (37.55%), Selenium: 25.65µg (36.64%), Vitamin B12: 1.63µg (27.15%), Vitamin B2: 0.46mg (27.14%), Vitamin D: 4.03µg (26.89%), Calcium: 268.39mg (26.84%), Vitamin A: 1167.6IU (23.35%), Manganese: 0.36mg (17.77%), Vitamin B5: 1.76mg (17.61%), Copper: 0.35mg (17.42%), Magnesium: 64.35mg (16.09%), Zinc: 2.13mg (14.2%), Folate: 54.84µg (13.71%), Iron: 2.36mg (13.09%), Potassium: 428.51mg (12.24%), Vitamin B6: 0.24mg (11.93%), Vitamin B1: 0.16mg (10.94%), Fiber: 2.7g (10.81%), Vitamin E: 1.38mg (9.2%), Vitamin K: 2.52µg (2.4%), Vitamin B3: 0.39mg (1.93%)