



Double Chocolate Pudding Parfait

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 cup heavy cream chilled
- ☐ 4 ounces fine-quality semisweet chocolate 54% finely chopped (no more than cacao if marked)
- ☐ 0.3 cup sugar divided
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened divided for garnish
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 cups milk whole

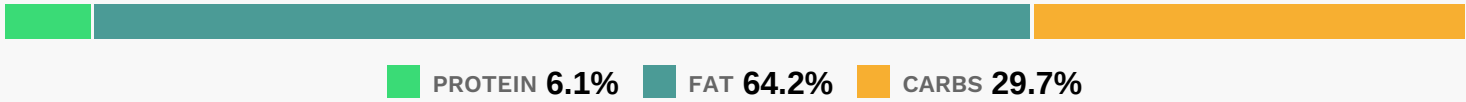
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together cornstarch, 1/4 cup sugar, 1/4 cup cocoa, and a pinch of salt in a heavy medium saucepan, then gradually whisk in milk. Bring to a boil, whisking constantly, then boil, whisking, until thickened, about 3 minutes.
- ☐ Remove from heat and whisk in chopped chocolate and butter until melted.
- ☐ Transfer pudding to a metal bowl and quick-chill by setting in an ice bath and stirring occasionally, about 10 minutes.
- ☐ Meanwhile, beat cream with vanilla and remaining 2 tablespoons sugar and 1 tablespoon cocoa until it just holds stiff peaks.
- ☐ Layer pudding and cream in 8-ounce glasses.
- ☐ Serve dusted with cocoa.
- ☐ Parfaits can be made 1 hour ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:7.26, Inflammation Score:-6, Nutrition Score:8.7760868888834%

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: 360.72kcal (18.04%), Fat: 26.57g (40.88%), Saturated Fat: 16.29g (101.8%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 24.8g (9.02%), Sugar: 20.41g (22.68%), Cholesterol: 60.73mg (20.24%), Sodium:

44.85mg (1.95%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Caffeine: 24.5mg (8.17%), Protein: 5.68g (11.36%), Manganese: 0.39mg (19.69%), Copper: 0.38mg (18.96%), Phosphorus: 181.51mg (18.15%), Magnesium: 63.83mg (15.96%), Vitamin A: 782.62IU (15.65%), Calcium: 143.24mg (14.32%), Vitamin B2: 0.21mg (12.19%), Fiber: 2.86g (11.45%), Vitamin D: 1.56µg (10.43%), Iron: 1.75mg (9.72%), Potassium: 322.36mg (9.21%), Vitamin B12: 0.54µg (9.01%), Zinc: 1.18mg (7.85%), Selenium: 4.98µg (7.12%), Vitamin B5: 0.47mg (4.73%), Vitamin B1: 0.06mg (4.16%), Vitamin E: 0.57mg (3.83%), Vitamin B6: 0.07mg (3.71%), Vitamin K: 3.13µg (2.98%), Vitamin B3: 0.35mg (1.74%)