



Easy Coffee Pudding

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



120 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1 tablespoon espresso powder instant
- 1 pinch salt
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 2 cups milk whole

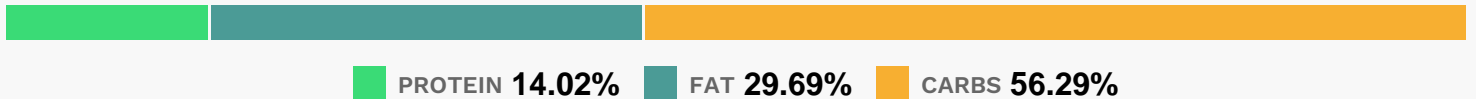
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Watch how to make this recipe.
- Whisk the cornstarch, sugar, cinnamon and salt in a 2-quart heavy saucepan. Gradually whisk in the milk. Boil the mixture over medium-high heat, whisking constantly, about 2 minutes. The mixture will be thick when done.
- Remove the saucepan from the heat.
- Whisk in the espresso and vanilla until smooth.
- Transfer the mixture to a bowl and cover with plastic wrap. Chill the bowl in the fridge until cold, at least 2 hours.
- Serve the pudding chilled.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:6.36, Inflammation Score:-2, Nutrition Score:4.598260840563%

Nutrients (% of daily need)

Calories: 120.07kcal (6%), Fat: 3.94g (6.06%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.49g (6%), Sugar: 11.99g (13.33%), Cholesterol: 14.64mg (4.88%), Sodium: 57.07mg (2.48%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Caffeine: 39.25mg (13.08%), Protein: 4.19g (8.37%), Calcium: 157.09mg (15.71%), Phosphorus: 127.91mg (12.79%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (10.09%), Vitamin D: 1.34µg (8.95%), Potassium: 231.13mg (6.6%), Manganese: 0.12mg (5.91%), Magnesium: 19.27mg (4.82%), Vitamin B1: 0.07mg (4.58%), Vitamin B5: 0.46mg (4.58%), Vitamin A: 199.12IU (3.98%), Vitamin B6: 0.08mg (3.79%), Selenium: 2.64µg (3.77%), Zinc: 0.52mg (3.45%), Vitamin B3: 0.49mg (2.46%), Fiber: 0.3g (1.21%)