

Easy Vanilla Pudding

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



189 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 3 large egg yolk lightly beaten
- 0.3 cup granulated sugar
- 0.3 teaspoon salt fine
- 3 tablespoons butter unsalted cut into small pieces
- 2 teaspoons vanilla extract
- 2.3 cups milk whole

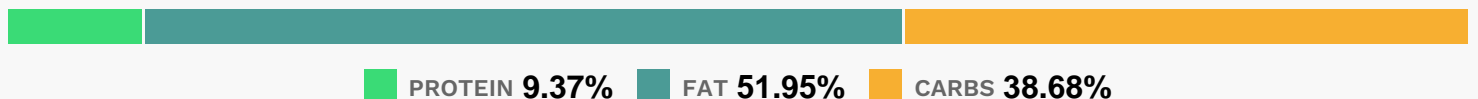
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap
- ramekin
- spatula
- measuring cup

Directions

- Place a mesh strainer over a 4-cup measuring cup or bowl with a spout and set aside.
- Combine the sugar, cornstarch, and salt in a medium saucepan and whisk until incorporated. While constantly whisking, slowly drizzle in 1/4 cup of the milk until smooth.
- Whisk in the egg yolks and remaining milk.
- Place the saucepan over medium heat and cook, whisking often, until the pudding begins to thicken and just starts to bubble, about 5 to 6 minutes. Reduce the heat to medium low and switch to a rubber spatula. Stir constantly, scraping the bottom and sides of the pan, until the pudding makes visible ribbons when drizzled over the surface, about 3 to 5 minutes.
- Remove from the heat and stir in the butter and vanilla extract until the butter is melted and completely incorporated.
- Pour the pudding through the prepared strainer. Immediately transfer it to 4 (4-ounce) ramekins or resealable containers. Lightly press a piece of plastic wrap on top of the pudding to prevent a skin from forming. Chill in the refrigerator until set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:9.38, Inflammation Score:-2, Nutrition Score:4.8669565543532%

Nutrients (% of daily need)

Calories: 189.24kcal (9.46%), Fat: 10.9g (16.76%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 18.23g (6.63%), Sugar: 15.71g (17.46%), Cholesterol: 117.83mg (39.28%), Sodium: 136.99mg (5.96%), Alcohol: 0.46g (100%), Alcohol %: 0.48% (100%), Protein: 4.42g (8.84%), Phosphorus: 127.67mg (12.77%), Calcium: 125.56mg (12.56%), Vitamin B12: 0.67µg (11.2%), Vitamin D: 1.57µg (10.47%), Vitamin B2: 0.18mg (10.41%), Selenium: 6.71µg (9.59%), Vitamin A: 445.73IU (8.91%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.07mg (4.45%), Vitamin B6: 0.09mg (4.31%), Potassium: 150.49mg (4.3%), Zinc: 0.58mg (3.88%), Folate: 12.62µg (3.15%), Magnesium: 11.79mg (2.95%), Vitamin E: 0.43mg (2.85%), Iron: 0.25mg (1.41%)