



Ginger Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 3 large egg yolks
- ☐ 1 teaspoon lemon rind grated
- ☐ 3 cups milk 1% low-fat divided
- ☐ 1 Dash salt
- ☐ 0.7 cup sugar

☐ 1 teaspoon vanilla extract

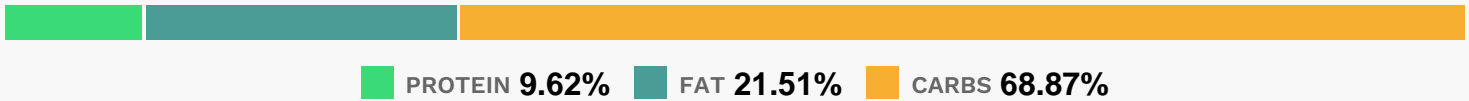
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine 2 1/2 cups milk and ginger in a medium saucepan; bring to a simmer over medium heat, stirring frequently.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Combine 1/2 cup milk, sugar, cornstarch, salt, and egg yolks in a medium bowl, and stir with a whisk until well-blended. Gradually stir one-fourth of the hot milk mixture into egg mixture; add to remaining milk mixture, stirring constantly. Bring to a boil over medium heat; cook 1 minute or until thick and creamy, stirring constantly.
- ☐ Remove mixture from heat; stir in butter, rind, and vanilla.
- ☐ Pour into a bowl; cover surface of the pudding with plastic wrap. Chill.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:15.51, Inflammation Score:-3, Nutrition Score:5.728260870861%

Nutrients (% of daily need)

Calories: 222.7kcal (11.13%), Fat: 5.34g (8.22%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 38.41g (13.97%), Sugar: 34.07g (37.85%), Cholesterol: 102.72mg (34.24%), Sodium: 73.4mg (3.19%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 5.38g (10.75%), Calcium: 161.03mg (16.1%), Phosphorus: 155.85mg (15.58%), Vitamin B12: 0.89µg (14.83%), Vitamin B2: 0.22mg (12.71%), Vitamin D: 1.76µg (11.71%), Selenium: 7.51µg (10.73%), Vitamin A: 412.33IU (8.25%), Vitamin B5: 0.68mg (6.84%), Potassium: 199.53mg (5.7%), Vitamin B1: 0.08mg (5.51%), Vitamin B6: 0.1mg (5.07%), Zinc: 0.71mg (4.74%), Magnesium: 14.88mg (3.72%), Folate: 14.88µg (3.72%), Vitamin E: 0.3mg (1.99%), Iron: 0.27mg (1.48%)