



WHATSheATE



Guinness Chocolate Pudding



Vegetarian



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 7 ounces chocolate dark finely chopped
- ☐ 8 large egg yolks
- ☐ 1 can guinness draught
- ☐ 3 cups heavy cream
- ☐ 1 cup tablespoons sugar

Equipment

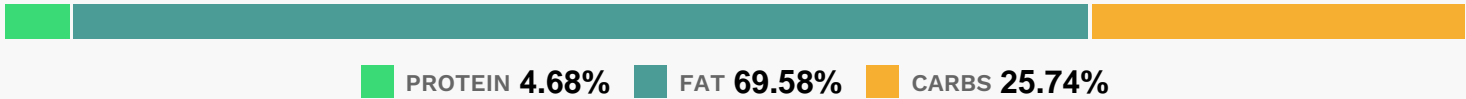
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Pour the Guinness into a large bowl and wait a few minutes for the foam to subside.
- ☐ Mix half of the Guinness and 2 1/4 cups of heavy cream in a large sauce pan, heat over medium until bubbles just start to form, remove from heat, mix in the chocolate and let it melt.
- ☐ Mix the eggs and 1 cup of sugar in a large bowl and slowly mix in the Guinness mixture.
- ☐ Pour the mixture back into the sauce pan and cook over low heat until it thickens enough to coat the back of a spoon, about 15 minutes. Give the mixture 1 minute on high in the blender, run it through a fine mesh sieve, divide between glasses leaving 1 inch of space, cover in plastic and let chill in the fridge to set. Meanwhile, simmer the remaining Guinness over medium heat until it has reduced to about 1 tablespoon, about 15–20 minutes, and let cool. Beat the remaining cream until soft peaks are form, mix in the Guinness syrup and place on top of the Guinness pudding in the glasses.

Nutrition Facts



Properties

Glycemic Index:11.64, Glycemic Load:19.45, Inflammation Score:-7, Nutrition Score:11.920434734096%

Nutrients (% of daily need)

Calories: 602.82kcal (30.14%), Fat: 47.38g (72.89%), Saturated Fat: 28.23g (176.41%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 36.73g (13.36%), Sugar: 33.6g (37.34%), Cholesterol: 285.2mg (95.07%), Sodium: 37.47mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.84mg (6.61%), Protein: 7.17g (14.34%), Vitamin A: 1566.79IU (31.34%), Manganese: 0.49mg (24.72%), Copper: 0.46mg (23.14%), Selenium: 14.03µg (20.05%), Iron: 3.52mg (19.54%), Phosphorus: 194.47mg (19.45%), Vitamin B2: 0.28mg (16.57%), Magnesium: 63.65mg (15.91%), Vitamin D: 2.35µg (15.64%), Fiber: 2.7g (10.82%), Calcium: 99.19mg (9.92%), Zinc: 1.43mg (9.53%), Vitamin E: 1.41mg (9.37%), Vitamin B12: 0.54µg (9.06%), Vitamin B5: 0.84mg (8.4%), Potassium: 281.18mg (8.03%), Folate: 28.39µg (7.1%), Vitamin B6: 0.1mg (5.01%), Vitamin K: 4.79µg (4.56%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.32mg (1.61%)