



## Halloween Pudding

 Gluten Free

READY IN



155 min.

SERVINGS



6

CALORIES



405 kcal

DESSERT

### Ingredients

- 2.3 cups milk
- 2 oz chocolate dark chopped
- 0.5 cup granulated sugar
- 0.3 cup cocoa powder dark unsweetened
- 2 tablespoons cornstarch
- 0.5 teaspoon ground cinnamon
- 2 eggs
- 2 tablespoons butter

- 1 teaspoon vanilla
- 1 cup whipping cream
- 0.3 cup powdered sugar
- 0.5 teaspoon purple gel food coloring

## Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- hand mixer
- spatula

## Directions

- In 2-quart heavy saucepan, heat 2 cups of the milk to boiling.
- Remove from heat; add dark chocolate, stirring with wire whisk until smooth. Set aside.
- In small bowl, mix granulated sugar, cocoa, cornstarch and cinnamon. Stir in remaining 1/4 cup milk.
- Add cocoa mixture to melted chocolate mixture in saucepan, beating until well blended.
- Heat to boiling over medium heat, stirring constantly. Reduce heat; simmer 1 minute.
- Remove from heat.
- In medium bowl, beat eggs with wire whisk. Slowly beat in about 1 cup chocolate mixture.
- Add to remaining chocolate mixture in saucepan; cook over medium heat, stirring constantly, until mixture thickens and boils.
- Remove from heat; stir in butter and vanilla.
- Transfer pudding to large bowl. Cool 15 minutes. Cover top of pudding with plastic wrap to prevent skin from forming. Refrigerate 2 hours or until chilled.
- In medium bowl, beat whipping cream, powdered sugar and food color with electric mixer on medium speed until soft peaks form.

Remove pudding from refrigerator. Beat pudding until smooth. With rubber spatula, fold whipped cream mixture into pudding for swirled effect.

Serve or refrigerate.

## Nutrition Facts

**PROTEIN 7.16%** **FAT 58.16%** **CARBS 34.68%**

### Properties

Glycemic Index:22.68, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:9.8073912262917%

### 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: 405.08kcal (20.25%), Fat: 26.98g (41.5%), Saturated Fat: 14.67g (91.67%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 33.73g (12.27%), Sugar: 29.55g (32.84%), Cholesterol: 110.65mg (36.88%), Sodium: 113.54mg (4.94%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 15.8mg (5.27%), Protein: 7.47g (14.94%), Phosphorus: 201.44mg (20.14%), Vitamin A: 981.63IU (19.63%), Manganese: 0.36mg (18.13%), Vitamin B2: 0.29mg (17.08%), Calcium: 161.84mg (16.18%), Copper: 0.32mg (16.12%), Magnesium: 55.34mg (13.84%), Vitamin D: 1.93µg (12.9%), Selenium: 8.8µg (12.57%), Vitamin B12: 0.72µg (11.99%), Iron: 1.96mg (10.87%), Fiber: 2.47g (9.87%), Potassium: 321.38mg (9.18%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.72mg (7.21%), Vitamin B6: 0.1mg (5.17%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.07mg (4.77%), Folate: 9.68µg (2.42%), Vitamin K: 2.42µg (2.3%), Vitamin B3: 0.32mg (1.58%)