



Hasty Chocolate Pudding



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 2 cups milk
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup sugar white

Equipment

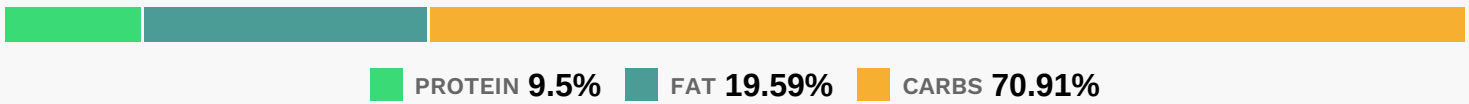
- ☐ bowl
- ☐ whisk

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, whisk together the sugar, cocoa and cornstarch.
- ☐ Whisk in milk a little at a time so the mixture does not have any dry lumps.
- ☐ Place in the microwave, and cook for 3 minutes on high. Stir, then cook at 1 minute intervals, stirring between cooking times for 2 to 4 minutes, or until shiny and thick. Stir in vanilla.
- ☐ Place a piece of plastic wrap directly on the surface of the pudding to prevent a skin from forming, and chill in the refrigerator.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:19.62, Inflammation Score:-4, Nutrition Score:7.1165216798368%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 214.41kcal (10.72%), Fat: 4.97g (7.65%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 37.77g (13.73%), Sugar: 31.2g (34.66%), Cholesterol: 14.64mg (4.88%), Sodium: 48.83mg (2.12%), Alcohol: 0.69g (100%), Alcohol %: 0.54% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.42g (10.85%), Phosphorus: 176.72mg (17.67%), Calcium: 159.82mg (15.98%), Manganese: 0.29mg (14.43%), Copper: 0.28mg (13.95%), Magnesium: 50.82mg (12.71%), Vitamin B2: 0.19mg (11.31%), Vitamin B12: 0.66µg (10.98%), Fiber: 2.71g (10.82%), Vitamin D: 1.34µg (8.95%), Potassium: 295.57mg (8.44%), Zinc: 1mg (6.64%), Iron: 1.04mg (5.77%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.07mg (4.94%), Vitamin B5: 0.47mg (4.74%), Vitamin B6: 0.08mg (4.17%), Vitamin A: 197.64IU (3.95%), Vitamin B3: 0.29mg (1.46%)