

Homemade Pudding



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



181 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 0.8 cup cornstarch
- 1 eggs beaten
- 2.3 cups water
- 2.8 cups skim milk powder dry
- 1 teaspoon salt
- 1.5 cups sugar
- 1.5 teaspoons vanilla extract

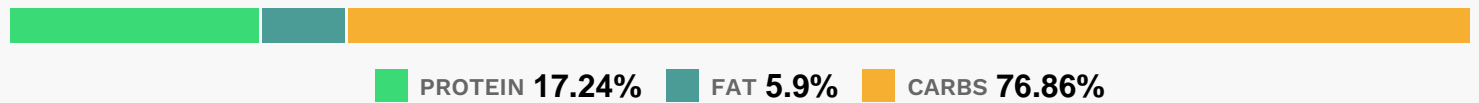
Equipment

- frying pan
- sauce pan

Directions

- Combine pudding mix ingredients; store in an airtight container. For pudding, combine 1-1/4 cups mix and milk in a 2-qt. saucepan. Bring to a boil over medium heat, stirring occasionally; boil for 1 minute.
- Remove from the heat. Stir a small amount into egg; return to pan. Cook and stir over medium heat for 2 minutes.
- Remove from the heat; add butter and vanilla.
- Mix well.
- Pour into dishes; cover and chill 2-3 hours.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:13.09, Inflammation Score:-4, Nutrition Score:7.1543478667736%

Nutrients (% of daily need)

Calories: 181kcal (9.05%), Fat: 1.19g (1.84%), Saturated Fat: 0.64g (4%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 34.89g (12.69%), Sugar: 29.5g (32.77%), Cholesterol: 16.24mg (5.41%), Sodium: 267.64mg (11.64%), Alcohol: 0.13g (100%), Alcohol %: 0.2% (100%), Protein: 7.84g (15.67%), Calcium: 263.06mg (26.31%), Phosphorus: 206.11mg (20.61%), Vitamin B2: 0.34mg (19.79%), Vitamin D: 2.32µg (15.49%), Vitamin B12: 0.86µg (14.29%), Potassium: 374.33mg (10.7%), Vitamin A: 486.14IU (9.72%), Selenium: 6.76µg (9.66%), Vitamin B5: 0.78mg (7.79%), Zinc: 0.89mg (5.92%), Magnesium: 23.6mg (5.9%), Vitamin B1: 0.09mg (5.79%), Vitamin B6: 0.08mg (3.96%), Folate: 11.63µg (2.91%), Vitamin C: 1.4mg (1.7%), Copper: 0.02mg (1.02%)