



## Homemade Vanilla Pudding

 Vegetarian  Gluten Free  Popular

READY IN



60 min.

SERVINGS



5

CALORIES



176 kcal

DESSERT

### Ingredients

- 1 tablespoon butter
- 3 tablespoons cornstarch
- 2 cups milk
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

### Equipment

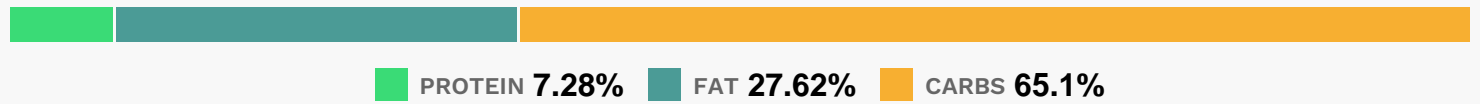
- bowl

sauce pan

## Directions

- In medium saucepan over medium heat, heat milk until bubbles form at edges. In a bowl, combine sugar, cornstarch and salt.
- Pour into hot milk, a little at a time, stirring to dissolve. Continue to cook and stir until mixture thickens enough to coat the back of a metal spoon. Do not boil.
- Remove from heat, stir in vanilla and butter.
- Pour into serving dishes. Chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.62, Glycemic Load:15.69, Inflammation Score:-2, Nutrition Score:3.3552173597981%

## Nutrients (% of daily need)

Calories: 176.23kcal (8.81%), Fat: 5.46g (8.4%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 28.92g (10.52%), Sugar: 24.76g (27.51%), Cholesterol: 17.73mg (5.91%), Sodium: 172.07mg (7.48%), Alcohol: 0.28g (100%), Alcohol %: 0.28% (100%), Protein: 3.24g (6.48%), Calcium: 121.18mg (12.12%), Phosphorus: 99.92mg (9.99%), Vitamin B12: 0.53µg (8.86%), Vitamin B2: 0.14mg (8.25%), Vitamin D: 1.07µg (7.16%), Vitamin A: 228.08IU (4.56%), Potassium: 148.82mg (4.25%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.05mg (3.66%), Selenium: 2.14µg (3.05%), Magnesium: 12.01mg (3%), Vitamin B6: 0.06mg (2.99%), Zinc: 0.41mg (2.72%)