

Honey Vanilla Pudding



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons butter
- ☐ 2.5 tablespoons cornstarch
- ☐ 3 tablespoons honey
- ☐ 1.3 cups milk 2%
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon vanilla extract
- ☐ 0.5 cup water cold

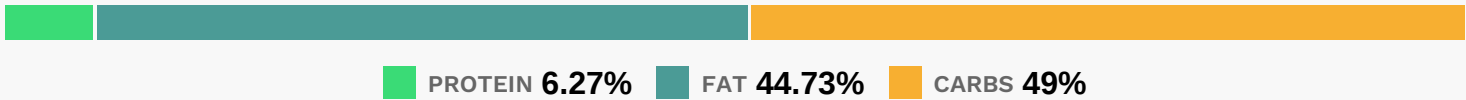
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Combine the milk and salt in a saucepan over medium heat, and bring to a boil. In a cup or small bowl, dissolve the cornstarch in cold water. When the milk begins to boil, stir in the cornstarch mixture, and cook stirring constantly until it thickens, about 5 minutes.
- ☐ Remove from heat, and stir in the honey, butter, and vanilla.
- ☐ Pour into a serving dish, cover, and chill. To keep a skin from forming on the top, place a layer of plastic wrap directly on the surface.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:6.77, Inflammation Score:-2, Nutrition Score:2.8600000117136%

Nutrients (% of daily need)

Calories: 169.36kcal (8.47%), Fat: 8.66g (13.32%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 21.26g (7.73%), Sugar: 16.93g (18.81%), Cholesterol: 25.11mg (8.37%), Sodium: 241.15mg (10.48%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 2.73g (5.46%), Calcium: 98.54mg (9.85%), Vitamin B2: 0.15mg (9.09%), Phosphorus: 75.76mg (7.58%), Vitamin B12: 0.43µg (7.2%), Vitamin A: 298.9IU (5.98%), Potassium: 120.79mg (3.45%), Selenium: 2.32µg (3.32%), Vitamin B5: 0.3mg (3%), Zinc: 0.43mg (2.84%), Magnesium: 9.61mg (2.4%), Vitamin B1: 0.03mg (2.08%), Vitamin B6: 0.03mg (1.7%), Vitamin E: 0.23mg (1.51%), Manganese: 0.03mg (1.35%), Folate: 4.51µg (1.13%)