



Ideas in Food's Chocolate Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



651 kcal

SIDE DISH

Ingredients

- 340 grams chocolate dark 66% chopped
- 4 large egg yolk
- 260 grams cup heavy whipping cream
- 6 grams sea salt fine
- 0.5 cup sugar (110 grams)
- 0.3 cup tapioca flour (28 grams)
- 4 grams vanilla extract
- 460 grams milk whole

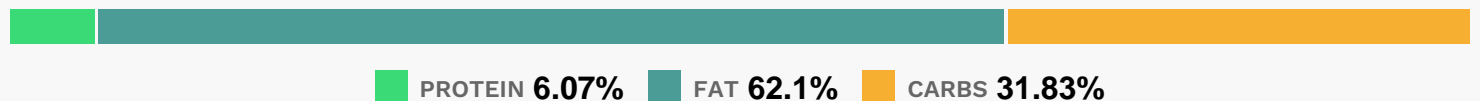
Equipment

- bowl
- sauce pan
- blender

Directions

- Put the egg yolks, tapioca flour, and sugar in a blender and blend on low speed until they form a light-colored paste.
- Combine the cream, milk, salt, and vanilla in a saucepan set over medium heat. Bring the mixture to a boil, then remove it from the heat. Turn the blender containing the egg and tapioca mixture back on low. Quickly and carefully, pour the hot milk mixture into the blender and increase the speed to medium. The heat will cook the egg yolks and allow the tapioca to thicken to the consistency of thick mayonnaise.
- With the blender running, add the chocolate in stages so it is emulsified into the pudding. When all the chocolate is added, strain the pudding into a serving bowl (or six individual bowls), and let it cool to room temperature before transferring to the refrigerator to cool completely.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:17.56, Inflammation Score:-7, Nutrition Score:18.133913073851%

Nutrients (% of daily need)

Calories: 651.43kcal (32.57%), Fat: 45.31g (69.71%), Saturated Fat: 26.35g (164.7%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 46.09g (16.76%), Sugar: 35.33g (39.25%), Cholesterol: 182.27mg (60.76%), Sodium: 445.41mg (19.37%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 45.33mg (15.11%), Protein: 9.96g (19.92%), Manganese: 1.12mg (55.84%), Copper: 1.02mg (50.85%), Iron: 7.17mg (39.83%), Magnesium: 142.09mg (35.52%), Phosphorus: 321.99mg (32.2%), Fiber: 6.18g (24.71%), Vitamin A: 946.73IU (18.93%), Selenium: 13.06µg (18.65%), Calcium: 179.37mg (17.94%), Vitamin B2: 0.3mg (17.36%), Zinc: 2.56mg (17.05%), Potassium: 576.09mg (16.46%), Vitamin B12: 0.86µg (14.38%), Vitamin D: 2.15µg (14.32%), Vitamin B5: 0.97mg (9.72%), Vitamin E: 1.06mg (7.09%), Vitamin B6: 0.12mg (6.17%), Vitamin B1: 0.09mg (6.06%), Vitamin K: 5.83µg (5.55%), Folate: 18.28µg

(4.57%), Vitamin B3: 0.71mg (3.56%)