

Licorice Pudding



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 3.4 ounces panda brand licorice sticks black very finely chopped
- ☐ 1 tablespoon cornstarch
- ☐ 3 large egg yolks
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons butter unsalted
- ☐ 4.5 cups milk whole

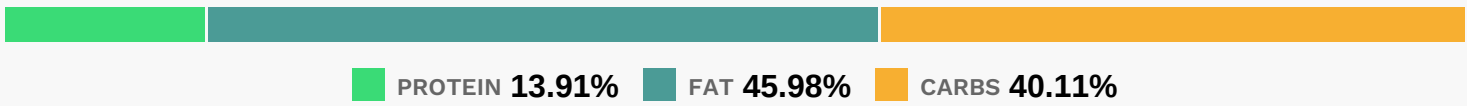
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ wax paper

Directions

- ☐ Combine licorice, salt, 4 cups milk, and 1/3 cup sugar in a 2- to 3-quart heavy saucepan and heat over moderately low heat (do not let boil), stirring frequently, until licorice is dissolved, 18 to 20 minutes. (If licorice is not completely dissolved, let mixture stand off heat, uncovered, whisking occasionally, 10 minutes.)
- ☐ Increase heat to moderate and bring milk mixture to a bare simmer.
- ☐ Stir together cornstarch and remaining 1/2 cup milk in a small bowl.
- ☐ Whisk cornstarch mixture into licorice mixture and simmer, whisking, 2 minutes to thicken.
- ☐ Whisk together egg yolks and remaining 2 1/2 tablespoons sugar in a medium bowl until combined well, then add hot milk mixture in a slow stream, whisking. Return to saucepan and cook over moderate heat, stirring constantly, until thermometer registers 170°F. Immediately pour through a fine-mesh sieve into a clean bowl and stir in butter until incorporated.
- ☐ Chill pudding, its surface covered with a round of wax paper, until very cold, about 4 hours.
- ☐ Just before serving, gently whisk pudding, then divide among 6 glasses or bowls.
- ☐ Serve with almond cakes.
- ☐ Pudding can be chilled in bowl, its surface covered with wax paper and bowl covered with plastic wrap after 4 hours, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:11.07, Inflammation Score:-4, Nutrition Score:8.3247826747272%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 212.36kcal (10.62%), Fat: 11.01g (16.94%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 21.34g (7.76%), Sugar: 20.15g (22.39%), Cholesterol: 121.29mg (40.43%), Sodium: 183.89mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Calcium: 243.47mg (24.35%), Phosphorus: 222.82mg (22.28%), Vitamin B12: 1.16µg (19.33%), Vitamin B2: 0.31mg (18.22%), Vitamin D: 2.52µg (16.83%), Selenium: 8.44µg (12.06%), Vitamin A: 578.1IU (11.56%), Vitamin B5: 0.98mg (9.8%), Potassium: 326.35mg (9.32%), Vitamin B1: 0.12mg (8.06%), Vitamin B6: 0.15mg (7.66%), Zinc: 0.97mg (6.48%), Magnesium: 24.25mg (6.06%), Vitamin K: 5.53µg (5.26%), Folate: 18.26µg (4.56%), Vitamin E: 0.44mg (2.9%), Iron: 0.28mg (1.54%), Manganese: 0.03mg (1.5%), Vitamin B3: 0.25mg (1.23%), Fiber: 0.27g (1.07%)