



Low-Fat Chocolate Pudding

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



286 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 2 large egg whites lightly beaten
- 24 ounce evaporated milk fat-free canned
- 0.3 cup brown sugar light packed
- 1 pinch salt
- 2 tablespoons semi chocolate chips plus more for topping
- 0.3 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract

2 tablespoons chocolate chips white

Equipment

bowl

whisk

pot

plastic wrap

Directions

Whisk the agave nectar, cornstarch and salt in a heavy-bottomed pot.

Whisk in the evaporated milk and egg whites until well combined. Cook over medium-low heat, whisking constantly, until the mixture bubbles and thickens, about 10 minutes.

Remove from the heat; stir in 1 tablespoon vanilla.

Transfer 1 cup of the mixture to a medium bowl.

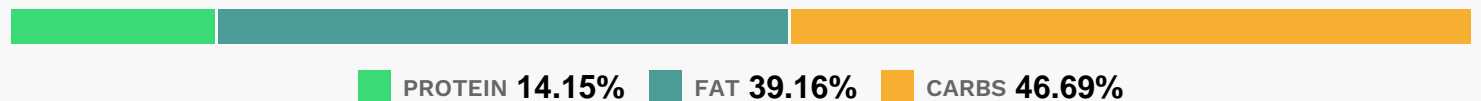
Add the white chocolate chips and the remaining 1 teaspoon vanilla and stir until the chips melt.

Add the cocoa powder and semisweet chocolate chips to the remaining pudding and stir until the chips melt.

Divide the chocolate pudding among dishes and top with the vanilla pudding. Cover with plastic wrap and refrigerate until set, at least 2 hours. Chop some chocolate chips to sprinkle on top.

Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:8.88999999494138%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 285.72kcal (14.29%), Fat: 12.61g (19.39%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 32.06g (11.66%), Sugar: 28.44g (31.6%), Cholesterol: 34.24mg (11.41%), Sodium: 154.53mg (6.72%), Alcohol: 0.75g (100%), Alcohol %: 0.61% (100%), Caffeine: 12.54mg (4.18%), Protein: 10.25g (20.49%), Calcium: 324.82mg (32.48%), Phosphorus: 280.92mg (28.09%), Vitamin B2: 0.43mg (25.52%), Magnesium: 57.15mg (14.29%), Potassium: 478.19mg (13.66%), Copper: 0.23mg (11.53%), Manganese: 0.23mg (11.32%), Selenium: 6.19µg (8.84%), Zinc: 1.3mg (8.65%), Vitamin B5: 0.82mg (8.16%), Fiber: 1.76g (7.04%), Iron: 1.15mg (6.4%), Vitamin A: 275.02IU (5.5%), Vitamin B1: 0.06mg (4.1%), Vitamin B12: 0.23µg (3.81%), Vitamin B6: 0.07mg (3.58%), Folate: 11.13µg (2.78%), Vitamin C: 2.18mg (2.64%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.59µg (1.51%)