



Milk Chocolate and Earl Grey Budino

 Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 20 servings sea salt for garnish
- ☐ 2 teaspoons confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup heavy cream
- ☐ 3 ounces chocolate plus more for garnish coarsely chopped
- ☐ 2 teaspoons earl grey tea leaves
- ☐ 1 tablespoon butter unsalted

- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 cups milk whole

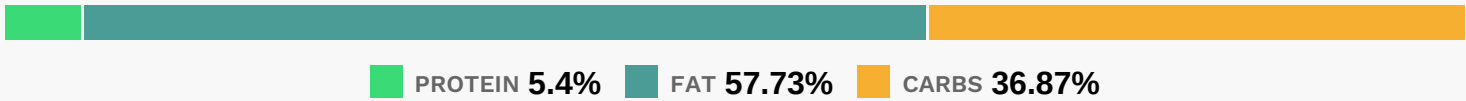
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin
- ☐ mortar and pestle

Directions

- ☐ In a medium heatproof bowl, combine the 3 ounces of chopped chocolate with the butter. Sift the cornstarch and cocoa powder into a medium saucepan.
- ☐ Whisk in the granulated sugar and 1 1/2 teaspoons of the tea.
- ☐ Whisk in the milk. Bring to a boil over moderate heat and cook, whisking constantly, until very thick, about 2 minutes. Strain through a fine sieve over the chocolate.
- ☐ Let stand for 30 seconds, then whisk until smooth. Spoon the mixture into six 1-cup ramekins. Press plastic wrap directly on the surface of the puddings and let cool, then refrigerate until chilled, at least 1 hour.
- ☐ In a mortar or spice grinder, pulverize the remaining 1/2 teaspoon of tea. In a bowl, whip the cream with the confectioners' sugar to soft peaks. Sift in the powdered tea, and whip the cream until firm. Top the puddings with the whipped cream.
- ☐ Garnish with chopped chocolate, candied orange peel and a small pinch of sea salt and serve.

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:3.75, Inflammation Score:-2, Nutrition Score:1.6630434806904%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.4mg, Thearubigins: 0.4mg, Thearubigins: 0.4mg, Thearubigins: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 90.32kcal (4.52%), Fat: 6.07g (9.34%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.39g (3.05%), Sugar: 7.15g (7.94%), Cholesterol: 14.52mg (4.84%), Sodium: 206.44mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.48mg (1.16%), Protein: 1.28g (2.56%), Phosphorus: 38.24mg (3.82%), Vitamin A: 188.22IU (3.76%), Calcium: 37.59mg (3.76%), Vitamin B2: 0.06mg (3.66%), Vitamin D: 0.42µg (2.81%), Vitamin B12: 0.15µg (2.45%), Magnesium: 9.68mg (2.42%), Copper: 0.04mg (1.81%), Potassium: 61.71mg (1.76%), Manganese: 0.03mg (1.7%), Zinc: 0.2mg (1.36%), Fiber: 0.34g (1.35%), Selenium: 0.95µg (1.35%), Vitamin B5: 0.12mg (1.18%), Vitamin B1: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.01%)