



Milk Chocolate Pudding

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup heavy cream
- ☐ 6 servings lightly whipped cream sweetened
- ☐ 4 ounces fine-quality milk chocolate chopped
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups milk whole

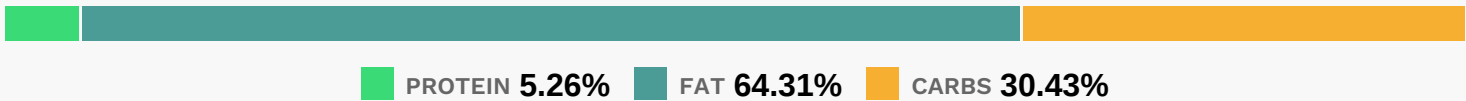
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Whisk together sugar, cornstarch, cocoa powder, and a pinch of salt in a 2-quart heavy saucepan, then gradually whisk in milk and cream. Bring to a boil over moderately high heat, whisking constantly, then boil, whisking, 2 minutes. (
- ☐ Mixture will be thick.)
- ☐ Remove from heat.
- ☐ Whisk in chocolate and vanilla until smooth.
- ☐ Transfer to a bowl and chill pudding, its surface covered with wax paper (to prevent a skin from forming), until cold, at least 2 hours.
- ☐ Pudding can be chilled, covered with plastic wrap after 2 hours, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:8.3, Inflammation Score:-5, Nutrition Score:5.3304348186306%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 282.88kcal (14.14%), Fat: 21.37g (32.87%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.06g (7.66%), Sugar: 18.43g (20.48%), Cholesterol: 50.28mg (16.76%), Sodium: 37.95mg

(1.65%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 16.31mg (5.44%), Protein: 3.94g (7.87%), Vitamin A: 607.87IU (12.16%), Phosphorus: 113.52mg (11.35%), Calcium: 105.46mg (10.55%), Vitamin B2: 0.17mg (10.13%), Magnesium: 38.54mg (9.64%), Copper: 0.18mg (8.83%), Manganese: 0.16mg (8.15%), Fiber: 1.68g (6.72%), Vitamin D: 0.99µg (6.59%), Vitamin B12: 0.36µg (6.02%), Potassium: 191.63mg (5.48%), Zinc: 0.7mg (4.65%), Iron: 0.79mg (4.38%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.3mg (2.96%), Vitamin B1: 0.04mg (2.89%), Vitamin B6: 0.05mg (2.72%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.26mg (1.76%), Vitamin B3: 0.24mg (1.21%)