



Milk-Chocolate Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups milk 1% low-fat
- ☐ 1.5 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

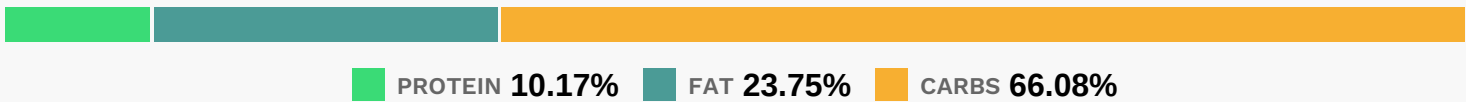
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine the sugar and cornstarch in a saucepan; gradually add milk, stirring with a whisk until well-blended. Stir in chocolate. Bring to a boil over medium heat; cook 7 minutes, stirring constantly. Gradually add hot milk mixture to egg, stirring constantly with a whisk. Return the milk mixture to the pan, and cook until thick and bubbly (about 30 seconds), stirring constantly.
- ☐ Remove from heat, and stir in the vanilla. Spoon the mixture into a bowl; place plastic wrap over the surface, and cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:6.8256522261578%

Nutrients (% of daily need)

Calories: 244.54kcal (12.23%), Fat: 6.47g (9.95%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 39.58g (14.39%), Sugar: 34.88g (38.75%), Cholesterol: 53.04mg (17.68%), Sodium: 65.53mg (2.85%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 9.14mg (3.05%), Protein: 6.22g (12.45%), Phosphorus: 174.51mg (17.45%), Calcium: 162.71mg (16.27%), Vitamin B12: 0.85µg (14.17%), Vitamin B2: 0.23mg (13.72%), Selenium: 7.47µg (10.67%), Vitamin D: 1.55µg (10.32%), Magnesium: 34.61mg (8.65%), Manganese: 0.15mg (7.67%), Potassium: 267.25mg (7.64%), Copper: 0.15mg (7.37%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.96mg (6.38%), Vitamin A: 304.1IU (6.08%), Iron: 0.92mg (5.13%), Vitamin B1: 0.08mg (5.05%), Vitamin B6: 0.1mg (4.8%), Fiber: 0.89g (3.55%), Folate: 8.23µg (2.06%), Vitamin E: 0.22mg (1.45%), Vitamin B3: 0.24mg (1.18%)