



Milk Chocolate Pudding

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ 0.5 cup heavy cream
- ☐ 5 ounces chocolate (I used Ghirardelli Luxe)
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 1.5 cups milk whole divided (use)

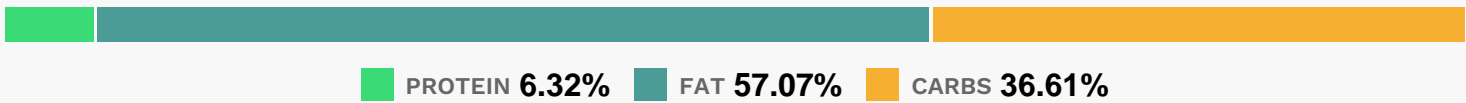
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ stove

Directions

- ☐ Place chocolate in a bowl a small mixing bowl.In a second mixing bowl, whisk together the sugar, cocoa, cornstarch and salt; whisk in egg yolks and 1/2 cup milk until smooth.In a large saucepan over high heat, bring remaining 1 cup milk and 1/2 cup cream to a simmer.
- ☐ Pour hot milk mixture into bowl with chocolate and whisk until smooth.
- ☐ Whisking constantly, slowly pour hot chocolate mixture into egg mixture until completely incorporated and cocoa is dissolved.Return custard to saucepan. Cook, stirring constantly, over medium heat, until thickened, about 10 minutes (Mine was thick in five, at which point I reduced the heat to low and cooked it another minute or two). Do not let mixture reach a simmer. If custard begins to steam heavily, stir it, off the heat, a moment before returning it to stove top. Strain through a fine-mesh sieve. Stir in vanilla.
- ☐ Lay a piece of waxed paper or parchment over the pudding and let it cool for about 30 minutes at room temperature.
- ☐ Transfer to refrigerator to chill.When pudding is chilled, whip the cream until peaks form. Beat in sugar and vanilla.
- ☐ Layer pudding in glasses with the whipped cream.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:16.19, Inflammation Score:-5, Nutrition Score:9.7556521257629%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 421.56kcal (21.08%), Fat: 28.41g (43.71%), Saturated Fat: 16.67g (104.21%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 38.11g (13.86%), Sugar: 32.71g (36.35%), Cholesterol: 136.4mg (45.47%), Sodium: 63.31mg (2.75%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Caffeine: 29.14mg (9.71%), Protein: 7.08g (14.16%), Phosphorus: 213.84mg (21.38%), Vitamin B2: 0.32mg (18.87%), Magnesium: 66.25mg (16.56%), Copper: 0.31mg (15.61%), Calcium: 155.14mg (15.51%), Manganese: 0.28mg (14.22%), Vitamin A: 708.13IU (14.16%), Vitamin D: 1.94µg (12.94%), Selenium: 8.91µg (12.72%), Vitamin B12: 0.71µg (11.79%), Fiber: 2.91g (11.64%), Potassium: 317.33mg (9.07%), Zinc: 1.35mg (8.99%), Iron: 1.61mg (8.96%), Vitamin B5: 0.7mg (7.03%), Vitamin B6: 0.11mg (5.72%), Vitamin B1: 0.08mg (5.42%), Vitamin E: 0.63mg (4.22%), Folate: 15.46µg (3.87%), Vitamin K: 3.58µg (3.41%), Vitamin B3: 0.41mg (2.07%)