



WHATSheATE



Milky Way Pudding



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 3 large egg yolk
- ☐ 10 oz bar milky candy chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

☐ 2 cups milk whole

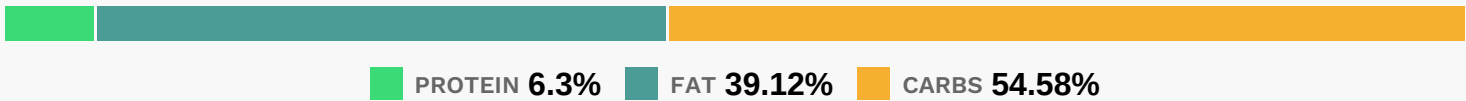
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine sugar, cornstarch, cocoa and salt in a pan. Slowly whisk in milk. Bring to a boil over medium-high heat, whisking. Boil for 1 minute.
- ☐ Whisk yolks to blend in a large bowl.
- ☐ Whisking constantly, slowly pour half of hot milk mixture into yolks.
- ☐ Whisking vigorously, pour yolk mixture back into pan. Bring back to a boil and cook, whisking constantly, until thickened, about 1 minute.
- ☐ Remove from heat and stir in butter and vanilla. Stir 1 1/2 cups Milky Way bars into pudding.
- ☐ Pour into 6 bowls or custard cups.
- ☐ Cover with plastic wrap, pressing directly on surface of pudding, and chill until set, at least 2 hours or overnight. Just before serving, sprinkle with remaining chopped Milky Ways.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:26.95, Inflammation Score:-2, Nutrition Score:6.5830435584421%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 388.84kcal (19.44%), Fat: 16.92g (26.03%), Saturated Fat: 10.46g (65.37%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 52.3g (19.02%), Sugar: 43.44g (48.27%), Cholesterol: 115.85mg (38.62%), Sodium: 163.62mg (7.11%), Alcohol: 0.46g (100%), Alcohol %: 0.37% (100%), Caffeine: 4.75mg (1.58%), Protein: 6.13g (12.26%), Calcium: 167.9mg (16.79%), Phosphorus: 154.79mg (15.48%), Vitamin B2: 0.21mg (12.52%), Vitamin B12: 0.7µg (11.63%), Selenium: 7.59µg (10.85%), Vitamin D: 1.61µg (10.75%), Vitamin A: 422.92IU (8.46%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.92mg (6.14%), Magnesium: 24.17mg (6.04%), Potassium: 205.97mg (5.88%), Manganese: 0.12mg (5.77%), Copper: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.79mg (5.26%), Vitamin B6: 0.09mg (4.37%), Folate: 14.71µg (3.68%), Iron: 0.61mg (3.37%), Fiber: 0.82g (3.27%), Vitamin K: 2.35µg (2.24%)