



Natilla Colombiana (Colombian-Style Pudding)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 servings cinnamon powder to taste
- ☐ 2 cinnamon sticks
- ☐ 0.5 cup coconut or grated
- ☐ 1 cup coconut milk
- ☐ 14 oz condensed milk canned
- ☐ 1 cup tablespoons of cornstarch
- ☐ 1 pinch salt

- ☐ 0.3 cup sugar or to taste
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 cups milk whole

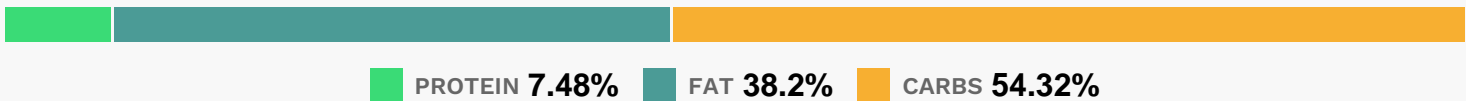
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Place 1 cup of milk in a small bowl, add the cornstarch and stir to dissolve it, then set aside.
- ☐ Place the coconut milk and grated coconut in the blender and blend until smooth and set aside.
- ☐ Place the rest of the milk and cinnamon sticks in a medium pot and bring the mixture to boil over medium-low heat. When the milk is a little warm, but not boiling, add the coconut mixture. When the milk starts boiling, add the condensed milk, sugar and salt. Stir well with a wooden spoon.
- ☐ Add the milk and cornstarch mixture and continue stirring constantly.
- ☐ Add the vanilla extract. Reduce the heat to low and continue stirring until the Natilla thickens, about 10 to 20 minutes.
- ☐ Add the butter, stir and remove from the heat. Discard the cinnamon sticks. Ladle into a serving dish or individual custard cups.
- ☐ Sprinkle cinnamon powder on top and let it cool at room temperature for at least 2 hours. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:54.35, Glycemic Load:32.94, Inflammation Score:-4, Nutrition Score:13.938260747039%

Nutrients (% of daily need)

Calories: 556.06kcal (27.8%), Fat: 24.24g (37.3%), Saturated Fat: 18.29g (114.32%), Carbohydrates: 77.55g (25.85%), Net Carbohydrates: 74.52g (27.1%), Sugar: 53.58g (59.53%), Cholesterol: 42.15mg (14.05%), Sodium: 161.73mg (7.03%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 10.68g (21.37%), Manganese: 1.06mg (52.91%), Calcium: 379.41mg (37.94%), Phosphorus: 346.71mg (34.67%), Vitamin B2: 0.46mg (26.77%), Selenium: 14.2µg (20.29%), Potassium: 565.31mg (16.15%), Vitamin B12: 0.95µg (15.9%), Magnesium: 58.17mg (14.54%), Fiber: 3.03g (12.11%), Iron: 1.97mg (10.97%), Vitamin B5: 1.08mg (10.79%), Zinc: 1.55mg (10.33%), Vitamin D: 1.47µg (9.83%), Vitamin B1: 0.14mg (9.42%), Vitamin A: 441.91IU (8.84%), Copper: 0.17mg (8.7%), Vitamin B6: 0.15mg (7.26%), Folate: 13.45µg (3.36%), Vitamin B3: 0.59mg (2.97%), Vitamin C: 2.32mg (2.82%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.94µg (1.84%)