

# Old-Fashioned Vanilla Pudding

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



179 kcal

DESSERT

## Ingredients

- 1.5 teaspoons butter
- 1 tablespoon cornstarch
- 1 egg yolk lightly beaten
- 1 cup milk 2%
- 0.1 teaspoon salt
- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract

## Equipment

frying pan

sauce pan

## Directions

In a small saucepan, combine the sugar, cornstarch and salt. Gradually stir in milk. Cook and stir over medium heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.

Remove from the heat.

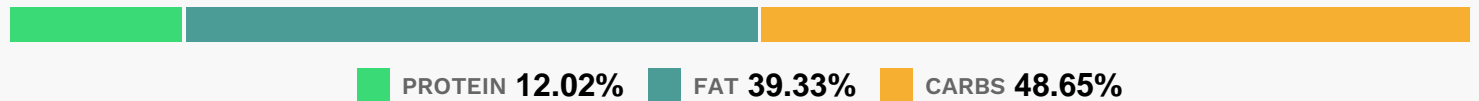
Stir a small amount of hot filling into egg yolk; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 1 minute longer.

Remove from the heat. Gently stir in butter and vanilla.

Cool for 15 minutes, stirring occasionally.

Transfer to dessert dishes. Cover and refrigerate for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:60.05, Glycemic Load:8.38, Inflammation Score:-2, Nutrition Score:5.320434730338%

## Nutrients (% of daily need)

Calories: 179.19kcal (8.96%), Fat: 7.8g (12.01%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 21.68g (7.88%), Sugar: 18.13g (20.14%), Cholesterol: 114.7mg (38.23%), Sodium: 229.8mg (9.99%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 5.37g (10.74%), Vitamin B2: 0.27mg (15.9%), Calcium: 154.51mg (15.45%), Phosphorus: 145.14mg (14.51%), Vitamin B12: 0.81µg (13.45%), Selenium: 8.21µg (11.73%), Vitamin B5: 0.69mg (6.94%), Vitamin A: 343.85IU (6.88%), Zinc: 0.78mg (5.21%), Potassium: 177.78mg (5.08%), Folate: 19.15µg (4.79%), Vitamin B1: 0.06mg (4.14%), Vitamin B6: 0.08mg (3.84%), Magnesium: 13.75mg (3.44%), Vitamin D: 0.49µg (3.24%), Vitamin E: 0.35mg (2.36%), Iron: 0.3mg (1.65%), Manganese: 0.03mg (1.34%)