



Outrageous Warm Double-Chocolate Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 1.5 ounces semisweet baking chocolate chopped (such as Hershey's)
- 3 ounces dark-chocolate candy bar chopped (such as Hershey's)
- 0.3 cup egg substitute
- 0.3 cup egg substitute
- 1 cup evaporated milk fat-free
- 0.3 cup sugar
- 0.3 cup sugar

- 6 tablespoons non-dairy whipped topping fat-free frozen thawed

Equipment

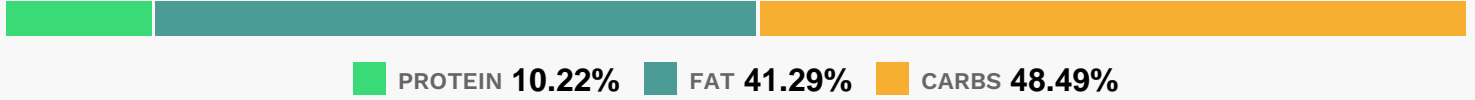
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- ramekin
- baking pan
- microwave

Directions

- Preheat oven to 325
- To prepare custard layer, combine 1/4 cup sugar and 1/4 cup egg substitute, stirring well with a whisk. Cook the milk in a small, heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat; add semisweet chocolate, stirring until chocolate melts. Gradually add hot milk mixture to sugar mixture, stirring constantly with a whisk.
- Pour the hot milk mixture into 6 (4-ounce) ramekins or custard cups coated with cooking spray.
- Place ramekins in a baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 325 for 30 minutes or until almost set.
- Remove from oven; cool in pan 30 minutes.
- Remove ramekins from pan; drain water.
- To prepare cake layer, place dark chocolate in a small glass bowl. Microwave at high 2 minutes or until almost melted; stir after 1 minute. Set aside. Beat 1/3 cup sugar and 1/3 cup egg substitute with a mixer at medium speed until well blended (about 5 minutes).
- Add dark chocolate and applesauce; beat until well blended.

- Pour evenly over the custard layer.
- Place ramekins in baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 325 for 20 minutes.
- Remove ramekins from pan. Top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:9.8917390937391%

Flavonoids

Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg Epicatechin: 10.6mg, Epicatechin: 10.6mg, Epicatechin: 10.6mg, Epicatechin: 10.6mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 274.01kcal (13.7%), Fat: 13.22g (20.34%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 32.09g (11.67%), Sugar: 29.23g (32.48%), Cholesterol: 13.33mg (4.44%), Sodium: 99.13mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 7.36g (14.73%), Manganese: 0.58mg (28.93%), Copper: 0.5mg (24.81%), Iron: 3.5mg (19.42%), Phosphorus: 177.64mg (17.76%), Selenium: 12.42µg (17.75%), Magnesium: 69.74mg (17.43%), Vitamin B2: 0.28mg (16.21%), Calcium: 149.62mg (14.96%), Zinc: 1.72mg (11.48%), Fiber: 2.85g (11.41%), Potassium: 349.91mg (10%), Vitamin B5: 0.73mg (7.31%), Vitamin B1: 0.07mg (4.82%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.57mg (3.8%), Vitamin A: 169.23IU (3.38%), Vitamin B6: 0.07mg (3.38%), Vitamin D: 0.42µg (2.77%), Folate: 10.15µg (2.54%), Vitamin K: 2.09µg (1.99%), Vitamin B3: 0.38mg (1.92%), Vitamin C: 1.02mg (1.23%)