



Peanut Butter Milk Chocolate Puddings

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup creamy peanut butter with only peanuts and salt) (smooth)
- ☐ 1 cup heavy whipping cream chilled
- ☐ 4 ounces chocolate chopped
- ☐ 1 tablespoon powdered sugar
- ☐ 1 pinch salt
- ☐ 6 tablespoons sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups milk whole

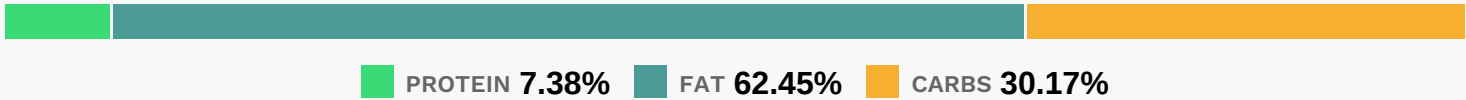
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients in large saucepan to blend.Gradually whisk in milk, then cream.
- ☐ Whiskover medium heat until mixture comesto boil. Then boil until thick, whiskingconstantly, about 30 seconds.
- ☐ Whisk inpeanut butter; boil until thick again,whisking often, about 1 minute longer.
- ☐ Remove from heat; whisk in vanilla. Dividedpudding among six 1-cup glasses or dishes(generous 1/3 cup each). Chill uncoveredwhile preparing chocolate pudding.
- ☐ Whisk first4 ingredients in heavy large saucepan.Gradually whisk in milk, then cream.
- ☐ Whiskover medium heat until mixture comes toboil. Boil until thick, whisking constantly,about 30 seconds.
- ☐ Add chopped chocolate.Boil until chocolate melts and pudding isthick again, whisking often, 1 to 2 minuteslonger.
- ☐ Remove from heat; whisk in vanilla.Cool pudding 5 minutes. Spoon atop peanutbutter pudding, dividing equally (about 1/3cup each). Chill puddings uncovered untilcold, at least 2 hours. DO AHEAD: Can bemade 1 day ahead. Cover and keep chilled.
- ☐ Whisk cream and powdered sugar in medium bowl to soft peaks. Spooontopping onto puddings and serve.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:14.41, Inflammation Score:-6, Nutrition Score:10.080000028662%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 462.91kcal (23.15%), Fat: 33.99g (52.29%), Saturated Fat: 16.36g (102.25%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.24g (12.45%), Sugar: 29.47g (32.75%), Cholesterol: 52.14mg (17.38%), Sodium: 136.41mg (5.93%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Caffeine: 16.31mg (5.44%), Protein: 9.04g (18.07%), Manganese: 0.48mg (23.94%), Phosphorus: 197.9mg (19.79%), Magnesium: 76.27mg (19.07%), Vitamin E: 2.4mg (16.03%), Vitamin B3: 3.11mg (15.57%), Vitamin B2: 0.25mg (14.84%), Vitamin A: 681.92IU (13.64%), Copper: 0.27mg (13.48%), Calcium: 118.68mg (11.87%), Fiber: 2.71g (10.85%), Potassium: 331.92mg (9.48%), Vitamin D: 1.31µg (8.7%), Zinc: 1.29mg (8.61%), Vitamin B6: 0.16mg (7.84%), Iron: 1.19mg (6.58%), Vitamin B12: 0.39µg (6.55%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.57mg (5.74%), Folate: 21.18µg (5.29%), Vitamin B1: 0.08mg (5.13%), Vitamin K: 2.75µg (2.62%)