



Peanut Butter Pudding Pops

 Vegetarian  Gluten Free

READY IN

ready

260 min.

SERVINGS

servings

8

CALORIES

calories

198 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.8 cup peanut butter
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons sugar white
- ☐ 1.5 cups milk whole

Equipment

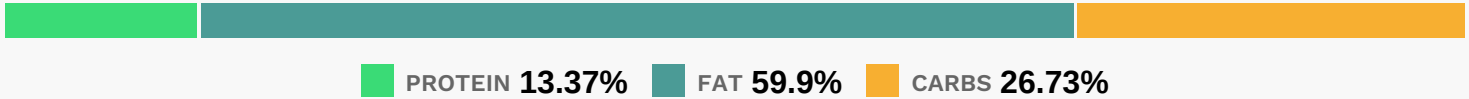
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan over medium heat, heat milk until bubbles form at edges. In a bowl, combine sugar, cornstarch and salt.
- ☐ Add 1/4 cup of the hot milk to the cornstarch mixture, then whisk well until all the liquid is incorporated and there are no lumps.
- ☐ Pour the cornstarch mixture into the milk, whisking to combine. Continue to cook and stir until mixture thickens enough to coat the back of a metal spoon, about 8 to 10 minutes. Do not boil.
- ☐ Remove from heat, stir in vanilla extract and peanut butter.
- ☐ Pour the pudding into the pop molds to within 1/4 of the top, leaving room for the pudding to expand.
- ☐ Place the tops on the mold and freeze until frozen solid, about 4 hours. To remove from molds, run under hot water to slightly melt the side of the pudding pop, then twist the stem top and remove.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:4.55, Inflammation Score:-3, Nutrition Score:6.199565263546%

Nutrients (% of daily need)

Calories: 198.23kcal (9.91%), Fat: 13.84g (21.29%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.72g (4.63%), Sugar: 9.29g (10.33%), Cholesterol: 5.49mg (1.83%), Sodium: 126.26mg (5.49%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 6.95g (13.9%), Manganese: 0.36mg (17.94%), Vitamin B3: 3.27mg (16.34%), Vitamin E: 2.23mg (14.84%), Phosphorus: 128.49mg (12.85%), Magnesium: 46.49mg (11.62%), Calcium: 68.27mg (6.83%), Vitamin B6: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.51%), Potassium: 205.93mg (5.88%), Zinc: 0.8mg (5.36%), Folate: 20.8µg (5.2%), Copper: 0.1mg (5.19%), Fiber: 1.18g (4.72%), Vitamin B5: 0.43mg (4.27%), Vitamin B12: 0.25µg (4.12%), Vitamin B1: 0.06mg (3.94%), Vitamin D: 0.5µg (3.36%), Selenium: 1.94µg (2.78%), Iron: 0.43mg (2.39%), Vitamin A: 74.11IU (1.48%)