



## Pots o' Gold (Whiskey Pudding)

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 4 shortbread cookies crumbled
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract pure

- ☐ 0.3 cup water
- ☐ 1 cup whipped cream
- ☐ 1 tablespoon irish whiskey

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Combine sugar and water in a heavy, medium-size saucepan. Bring to a boil, without disturbing, over medium-high heat; continue cooking, without stirring, for 5 minutes, until mixture turns golden. Swirl pan and cook for about 1 more minute, until caramel is a deep amber color. Carefully and slowly pour in cream.
- ☐ Whisk caramel over low heat until smooth.
- ☐ Whisk 1/2 cup milk, cornstarch and salt in a small bowl. In another bowl, beat eggs, whiskey and vanilla with a fork.
- ☐ Add remaining 2 cups milk to caramel mixture and bring to a boil.
- ☐ Whisk milkcornstarch mixture again, then whisk into hot mixture. Bring to a simmer; cook, whisking for 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk 1 cup hot mixture into eggs, then whisk eggs into pan.
- ☐ Whisk while mixture cools, for 2 minutes. Stir butter in; strain through a fine sieve.
- ☐ Let cool, whisking occasionally. Cover and chill for 2 hours.
- ☐ Spoon chilled pudding into glass bowls; top with cookie crumbs and whipped cream.

## Nutrition Facts



 **PROTEIN 5.82%**  **FAT 56.99%**  **CARBS 37.19%**

## Properties

Glycemic Index:30.26, Glycemic Load:21.32, Inflammation Score:-5, Nutrition Score:6.3256520641887%

## Nutrients (% of daily need)

Calories: 402.32kcal (20.12%), Fat: 25.64g (39.44%), Saturated Fat: 15.31g (95.71%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 37.53g (13.65%), Sugar: 31.68g (35.2%), Cholesterol: 119.3mg (39.77%), Sodium: 151.08mg (6.57%), Alcohol: 0.76g (100%), Alcohol %: 0.51% (100%), Protein: 5.89g (11.78%), Vitamin A: 990.15IU (19.8%), Vitamin B2: 0.27mg (16.06%), Calcium: 139.93mg (13.99%), Phosphorus: 139.05mg (13.91%), Vitamin D: 1.89µg (12.57%), Selenium: 7.34µg (10.48%), Vitamin B12: 0.62µg (10.37%), Vitamin B5: 0.63mg (6.32%), Vitamin E: 0.83mg (5.54%), Potassium: 191.31mg (5.47%), Vitamin B1: 0.08mg (5.16%), Vitamin B6: 0.09mg (4.51%), Zinc: 0.64mg (4.29%), Magnesium: 15.59mg (3.9%), Folate: 12.04µg (3.01%), Vitamin K: 2.63µg (2.51%), Iron: 0.45mg (2.5%), Manganese: 0.03mg (1.63%), Vitamin B3: 0.29mg (1.45%), Copper: 0.03mg (1.3%)