



Raspberry-Chocolate Pudding



Gluten Free



READY IN

ready

135 min.

SERVINGS

servings

5

CALORIES

calories

289 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups milk fat-free
- ☐ 5 servings garnish: raspberries fresh
- ☐ 0.3 cup raspberry jam
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.3 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon water
- ☐ 0.3 cup non-dairy whipped topping frozen thawed reduced-fat

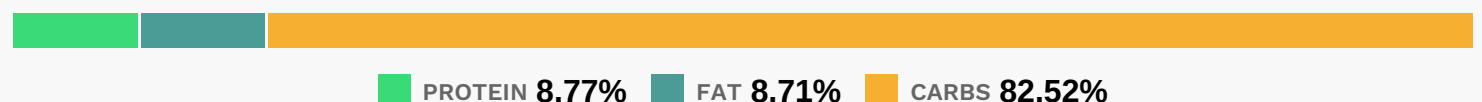
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Whisk together milk, sugar, cocoa, cornstarch, and salt in a medium-size heavy saucepan over medium-high heat, and cook, whisking constantly, 5 minutes or until mixture is hot. Gradually whisk 1/3 cup hot milk mixture into egg.
- ☐ Whisk egg mixture into remaining hot milk mixture.
- ☐ Cook, whisking constantly, 3 minutes or until mixture thickens.
- ☐ Remove from heat, and add chopped chocolate, stirring until chocolate melts and mixture is smooth. Stir in vanilla.
- ☐ Pour mixture into a glass bowl.
- ☐ Place heavy-duty plastic wrap directly on warm mixture (to prevent a film from forming), and chill 2 hours or until pudding is completely cool.
- ☐ Microwave raspberry jam in a small microwave-safe bowl at HIGH 30 seconds or until melted. Spoon 1 Tbsp. melted jam into bottom of each of 5 individual serving dishes, and top each with 1/2 cup pudding and 1 Tbsp. whipped topping. Stir 1 tsp. water into remaining melted jam, and drizzle 1/2 tsp. jam mixture on top of whipped topping on each pudding.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.87, Glycemic Load:29.5, Inflammation Score:-5, Nutrition Score:11.226956554081%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 13.37mg, Epicatechin: 13.37mg, Epicatechin: 13.37mg, Epicatechin: 13.37mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 289.36kcal (14.47%), Fat: 2.96g (4.56%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 63.16g (21.05%), Net Carbohydrates: 56.85g (20.67%), Sugar: 46.63g (51.81%), Cholesterol: 40.24mg (13.41%), Sodium: 126mg (5.48%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Caffeine: 13.19mg (4.4%), Protein: 6.71g (13.42%), Manganese: 0.64mg (32.12%), Fiber: 6.31g (25.26%), Vitamin C: 17.71mg (21.47%), Phosphorus: 192.82mg (19.28%), Calcium: 165.9mg (16.59%), Copper: 0.31mg (15.43%), Magnesium: 56.28mg (14.07%), Vitamin B2: 0.24mg (14.01%), Vitamin B12: 0.67µg (11.12%), Potassium: 379.58mg (10.85%), Selenium: 6.84µg (9.77%), Iron: 1.54mg (8.55%), Vitamin D: 1.28µg (8.52%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.72mg (7.2%), Vitamin B6: 0.12mg (5.97%), Folate: 23.74µg (5.93%), Vitamin B1: 0.09mg (5.82%), Vitamin A: 277.42IU (5.55%), Vitamin K: 5.01µg (4.77%), Vitamin E: 0.68mg (4.57%), Vitamin B3: 0.62mg (3.12%)