



Rich Black-and-White Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



762 kcal

DESSERT

Ingredients

- ☐ 6 egg yolks
- ☐ 5 ounce semisweet chocolate squares
- ☐ 6 servings bittersweet chocolate grated
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3.5 cups whipping cream divided

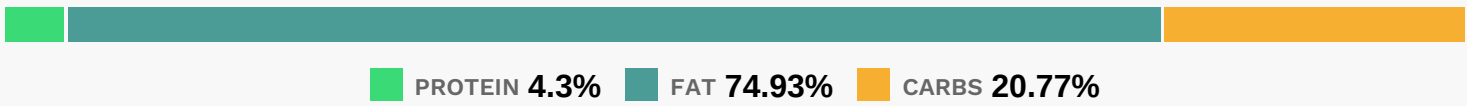
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Cook 1/2 cup whipping cream and chocolate in a heavy saucepan over low heat, stirring constantly, until chocolate melts and mixture is smooth.
- ☐ Pour into a large bowl. Set aside.
- ☐ Whisk together 2 cups whipping cream, yolks, 1/2 cup sugar, and vanilla in a bowl until sugar dissolves and mixture is smooth.
- ☐ Whisk 1 cup egg mixture into chocolate mixture until smooth. Cover and chill remaining egg mixture.
- ☐ Pour chocolate mixture into 6 (8-ounce) custard cups; place cups in a 13- x 9-inch pan.
- ☐ Add hot water to pan to a depth of 1/2 inch.
- ☐ Bake at 325 for 30 minutes or until almost set. (Center will be soft.) Slowly pour remaining egg mixture evenly over custards; bake 20 to 25 more minutes or until set. Cool custards in water in pan on a wire rack.
- ☐ Remove from pan; cover and chill at least 8 hours.
- ☐ Beat remaining 1 cup whipping cream at high speed with an electric mixer until foamy; gradually add 3 tablespoons sugar, beating until stiff peaks form. Top custards with whipped cream; sprinkle with grated chocolate.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:15.82, Inflammation Score:-8, Nutrition Score:12.708260930103%

Nutrients (% of daily need)

Calories: 761.76kcal (38.09%), Fat: 64.4g (99.07%), Saturated Fat: 39.08g (244.22%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.19g (13.89%), Sugar: 35.9g (39.89%), Cholesterol: 352.76mg (117.59%), Sodium: 48.87mg (2.12%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 21.18mg (7.06%), Protein: 8.31g (16.62%), Vitamin A: 2312.72IU (46.25%), Selenium: 16.45µg (23.5%), Vitamin B2: 0.37mg (21.94%), Phosphorus: 214.79mg (21.48%), Vitamin D: 3.19µg (21.29%), Manganese: 0.34mg (17%), Copper: 0.34mg (16.93%), Magnesium: 54.04mg (13.51%), Calcium: 130.42mg (13.04%), Vitamin E: 1.89mg (12.58%), Iron: 2.2mg (12.21%), Vitamin B12: 0.62µg (10.29%), Vitamin B5: 0.97mg (9.66%), Zinc: 1.4mg (9.35%), Potassium: 292.57mg (8.36%), Folate: 31.83µg (7.96%), Fiber: 1.97g (7.88%), Vitamin K: 6.34µg (6.04%), Vitamin B6: 0.12mg (6.01%), Vitamin B1: 0.07mg (4.49%), Vitamin B3: 0.3mg (1.51%), Vitamin C: 0.83mg (1.01%)