



Rich Butterscotch Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons cornstarch
- ☐ 0.8 cup brown sugar dark packed
- ☐ 3 large egg yolks
- ☐ 1 cup evaporated milk fat-free divided
- ☐ 2 cups milk 1% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

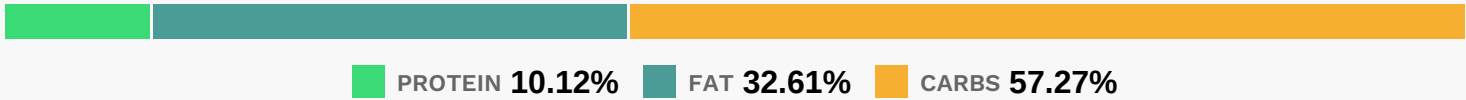
Equipment

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

Directions

- ☐ Melt the butter in a 3-quart heavy saucepan over medium heat.
- ☐ Add 1/4 cup evaporated milk and brown sugar, stirring constantly; cook 2 minutes. Bring to a boil, and cook 30 seconds.
- ☐ Remove from heat.
- ☐ Heat 1% milk in a heavy saucepan over medium-high heat; cook until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Combine 3/4 cup evaporated milk, cornstarch, salt, and egg yolks in a medium bowl; stir well with a whisk. Gradually add hot milk. Stir hot milk mixture into brown sugar mixture. Cook over medium heat until mixture comes to a boil, stirring constantly; cook 1 minute.
- ☐ Remove from heat; stir in vanilla.
- ☐ Spoon 1/2 cup pudding into each of 6 (6-ounce) ramekins. Cover surface of pudding with plastic wrap; chill 3 hours or until pudding is set.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.928260801279%

Nutrients (% of daily need)

Calories: 273.98kcal (13.7%), Fat: 9.96g (15.33%), Saturated Fat: 5.59g (34.91%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 39.33g (14.3%), Sugar: 34.97g (38.86%), Cholesterol: 117.95mg (39.32%), Sodium: 165.88mg (7.21%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 6.95g (13.91%), Calcium: 243.87mg (24.39%), Phosphorus: 202.24mg (20.22%), Vitamin B2: 0.29mg (17.07%), Vitamin B12: 0.72µg (12.01%), Selenium: 7.87µg (11.24%), Vitamin A: 493.76IU (9.88%), Vitamin D: 1.37µg (9.11%), Potassium: 300.91mg (8.6%), Vitamin B5: 0.85mg (8.48%), Zinc: 0.87mg (5.82%), Magnesium: 22.75mg (5.69%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.08mg (5.33%), Folate: 17.76µg (4.44%), Iron: 0.53mg (2.94%), Vitamin E: 0.41mg (2.74%), Manganese: 0.03mg (1.59%), Copper: 0.03mg (1.49%), Vitamin B3: 0.21mg (1.04%)