



Rich, Easy, Old-Fashioned Chocolate Pudding

 Gluten Free

READY IN



255 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 3 fluid ounces amaretto or rum
- ☐ 11.5 ounce ghirardelli cocoa bittersweet chocolate chips 60%
- ☐ 0.3 cup cornstarch
- ☐ 2 cups half-and-half fat-free cold

Equipment

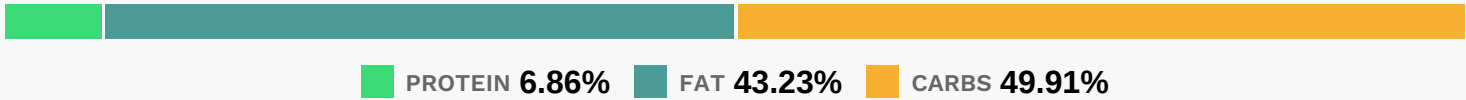
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ microwave

Directions

- ☐ In a medium saucepan, stir together 1 cup half and half and the cornstarch until smooth.
- ☐ Add remaining half and half. Over low heat, bring mixture to a simmer, stirring constantly to prevent sticking.
- ☐ Remove from heat.
- ☐ Put chocolate and Amaretto in a small bowl; microwave on high 20 seconds. Stir until chips are mostly melted.
- ☐ Return milk to low heat.
- ☐ Add chocolate; stir continuously, scraping pan, until thick.
- ☐ Cool.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8765217324962%

Nutrients (% of daily need)

Calories: 202.84kcal (10.14%), Fat: 9.1g (14.01%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.59g (8.22%), Sugar: 13.61g (15.12%), Cholesterol: 2.24mg (0.75%), Sodium: 69.23mg (3.01%), Alcohol: 1.92g (100%), Alcohol %: 3.18% (100%), Protein: 3.25g (6.5%), Calcium: 120.21mg (12.02%), Phosphorus: 94.42mg (9.44%), Zinc: 1.28mg (8.54%), Vitamin B2: 0.14mg (8.38%), Potassium: 255.3mg (7.29%), Vitamin B12: 0.28µg (4.68%), Fiber: 1.06g (4.23%), Magnesium: 16.38mg (4.09%), Vitamin B5: 0.38mg (3.84%), Selenium: 2.65µg (3.79%), Vitamin B1: 0.05mg (3.3%), Copper: 0.06mg (3.02%), Vitamin B6: 0.06mg (2.99%), Vitamin E: 0.44mg (2.95%), Manganese: 0.04mg (2.07%), Vitamin K: 2.17µg (2.07%), Iron: 0.37mg (2.04%), Folate: 7.28µg (1.82%), Vitamin B3: 0.34mg (1.71%)