



Seven-Minute Pudding

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



235 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 2 tablespoons cornstarch
- 2 cups milk
- 2 egg yolk
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Equipment

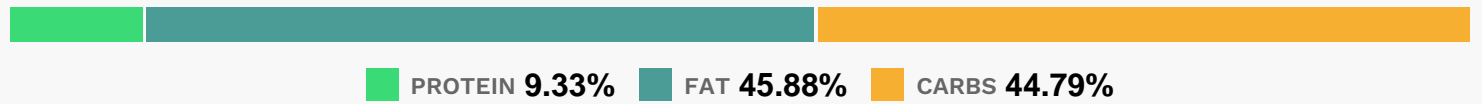
- bowl

- blender
- hand mixer
- microwave

Directions

- In a microwave-safe bowl, combine sugar and cornstarch. With a hand mixer, beat in milk and egg yolks until smooth. Microwave on medium for 5 minutes. Beat well with mixer. Microwave on high for 2 minutes; stir. Blend in butter and vanilla.
- Pour into serving dishes; cool.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:13.8, Inflammation Score:-3, Nutrition Score:5.9252174036658%

Nutrients (% of daily need)

Calories: 234.66kcal (11.73%), Fat: 12.02g (18.5%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 26.37g (9.59%), Sugar: 22.68g (25.2%), Cholesterol: 126.89mg (42.3%), Sodium: 96.31mg (4.19%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 5.5g (11.01%), Calcium: 163.71mg (16.37%), Phosphorus: 160.58mg (16.06%), Vitamin B12: 0.85µg (14.1%), Vitamin B2: 0.22mg (13.08%), Vitamin D: 1.83µg (12.19%), Selenium: 7.64µg (10.91%), Vitamin A: 502.35IU (10.05%), Vitamin B5: 0.73mg (7.32%), Vitamin B1: 0.08mg (5.64%), Potassium: 196.42mg (5.61%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.72mg (4.79%), Magnesium: 15.47mg (3.87%), Folate: 13.35µg (3.34%), Vitamin E: 0.46mg (3.04%), Iron: 0.28mg (1.53%)