



S'mores Pudding

READY IN



25 min.

SERVINGS



6

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons cornstarch
- ☐ 4 large egg yolks
- ☐ 6 graham crackers whole
- ☐ 30 marshmallows miniature
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 0.8 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 5 cups milk whole

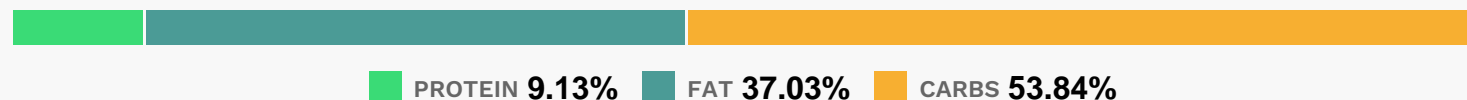
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ microwave
- ☐ rolling pin

Directions

- ☐ In a medium bowl, combine sugar, cornstarch, cocoa powder and salt.
- ☐ Whisk in 1/2 cup milk and egg yolks until blended and smooth.
- ☐ Pour remaining milk into a large saucepan and bring to a simmer over medium-high heat.
- ☐ Whisking vigorously and constantly, pour about 2 cups hot milk into sugar mixture until blended.
- ☐ Pour mixture back into saucepan with remaining milk, whisking well.
- ☐ Reduce heat to medium and cook, stirring constantly, until smooth and thickened, about 2 minutes.
- ☐ Remove from heat and whisk in vanilla and 1/2 of chocolate. Stir until chocolate has melted. Divide pudding among 6 1-cup ramekins or custard cups.
- ☐ Place remaining chocolate in a microwave-safe bowl and heat on high for about 30 seconds, stirring every 10 seconds, until melted.
- ☐ Place graham crackers in a ziplock bag; seal bag. Use a rolling pin to crush into crumbs.
- ☐ Sprinkle top of each pudding with graham crackers and 5 miniature marshmallows.
- ☐ Drizzle with melted chocolate and serve.

Nutrition Facts



Properties

Glycemic Index:40.43, Glycemic Load:30.32, Inflammation Score:-6, Nutrition Score:17.0899999903803%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 538.12kcal (26.91%), Fat: 22.84g (35.14%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 74.71g (24.9%), Net Carbohydrates: 69.24g (25.18%), Sugar: 50.65g (56.27%), Cholesterol: 148.5mg (49.5%), Sodium: 376.93mg (16.39%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 40.86mg (13.62%), Protein: 12.67g (25.35%), Phosphorus: 405.52mg (40.55%), Manganese: 0.67mg (33.63%), Copper: 0.65mg (32.51%), Calcium: 303.24mg (30.32%), Magnesium: 119.28mg (29.82%), Vitamin B2: 0.41mg (24.15%), Vitamin B12: 1.37µg (22.83%), Fiber: 5.47g (21.88%), Iron: 3.74mg (20.76%), Selenium: 14.05µg (20.07%), Vitamin D: 2.85µg (18.99%), Potassium: 613.75mg (17.54%), Zinc: 2.62mg (17.43%), Vitamin B1: 0.18mg (12.03%), Vitamin B5: 1.2mg (12.01%), Vitamin A: 507IU (10.14%), Vitamin B6: 0.2mg (9.8%), Folate: 25.32µg (6.33%), Vitamin B3: 1.14mg (5.72%), Vitamin E: 0.57mg (3.79%), Vitamin K: 2.91µg (2.77%)