



Spiced Vegam Chocolate Pudding



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup cocoa powder
- ☐ 6 tablespoons cornstarch
- ☐ 3 tablespoons non-hydrogenated dairy-free margarine
- ☐ 4 cups so delicious dairy free original coconut milk creamer divided
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon pink peppercorns crushed
- ☐ 0.1 teaspoon salt

☐ 0.5 teaspoon vanilla extract

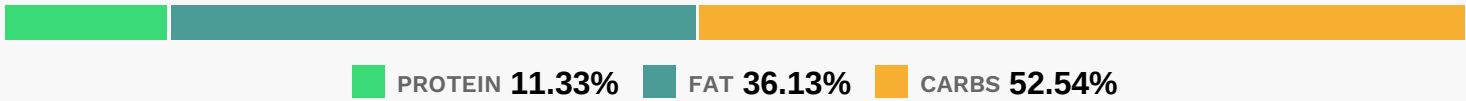
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ In a small bowl, whisk 1/2 cup creamer with the cornstarch and set aside. In a medium saucepan, whisk together remaining creamer, cocoa powder, sugar, peppercorns, cayenne, and salt.
- ☐ Heat over medium-high heat until just boiling. Reduce heat to medium-low and slowly drizzle the cornstarch mixture into the saucepan while whisking continuously.
- ☐ Let cook until mixture becomes very thick, about 5 minutes. Strain through a mesh strainer to remove the peppercorns.
- ☐ Remove from heat and whisk in vanilla and margarine.
- ☐ Pour custard evenly into ramekins, serving dishes, or even coffee mugs.
- ☐ Serve warm if desired. If chilling it, place a piece of plastic wrap or greased parchment paper over each serving and press the wrap against pudding to avoid the pudding skin.
- ☐ Serve with dairy-free whipped topping (not “non-dairy”) and freshly ground pink peppercorns.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:9.45, Inflammation Score:-7, Nutrition Score:14.248695602883%

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: 204.14kcal (10.21%), Fat: 8.71g (13.4%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 24.94g (9.07%), Sugar: 15.25g (16.94%), Cholesterol: 0mg (0%), Sodium: 174.86mg (7.6%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Caffeine: 16.48mg (5.49%), Protein: 6.14g (12.28%), Vitamin E: 5.35mg (35.64%), Vitamin B12: 1.7µg (28.32%), Vitamin B3: 5.35mg (26.75%), Copper: 0.48mg (24.01%), Calcium: 233.09mg (23.31%), Vitamin B2: 0.33mg (19.68%), Vitamin B6: 0.38mg (18.91%), Manganese: 0.37mg (18.75%), Vitamin A: 907IU (18.14%), Fiber: 3.55g (14.2%), Vitamin C: 11.36mg (13.77%), Folate: 52.81µg (13.2%), Vitamin D: 1.89µg (12.59%), Iron: 1.89mg (10.48%), Potassium: 344.28mg (9.84%), Magnesium: 37.36mg (9.34%), Selenium: 4.97µg (7.11%), Vitamin B1: 0.1mg (6.94%), Zinc: 0.88mg (5.88%), Phosphorus: 55.22mg (5.52%), Vitamin K: 5.3µg (5.05%)