



Thick Chocolate Pudding

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



178 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 0.3 cup cocoa powder
- 3 tablespoons cornstarch
- 0.1 teaspoon salt
- 2 cups milk
- 1 teaspoon vanilla extract
- 1 serving non-dairy whipped topping

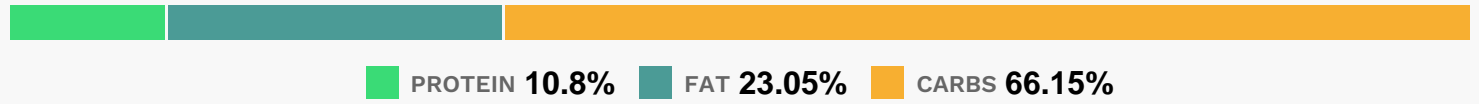
Equipment

- bowl
- microwave

Directions

- In a 1-qt. microwave-safe bowl, combine the first four ingredients. Stir in milk until smooth. Microwave, uncovered, on high for 2 minutes; stir. Microwave 3–5 minutes longer or until thickened, stirring after each minute. Stir in vanilla.
- Pour into individual serving dishes; cool. Refrigerate.
- Garnish with whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:13.8, Inflammation Score:-3, Nutrition Score:6.35347828269%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 177.88kcal (8.89%), Fat: 4.84g (7.45%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 29.24g (10.63%), Sugar: 22.99g (25.54%), Cholesterol: 14.66mg (4.89%), Sodium: 121.77mg (5.29%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Caffeine: 12.36mg (4.12%), Protein: 5.11g (10.21%), Phosphorus: 164.35mg (16.43%), Calcium: 158.18mg (15.82%), Vitamin B12: 0.66µg (11.02%), Vitamin B2: 0.19mg (10.97%), Manganese: 0.22mg (10.87%), Copper: 0.21mg (10.5%), Magnesium: 41.84mg (10.46%), Vitamin D: 1.34µg (8.95%), Fiber: 2.04g (8.17%), Potassium: 267.84mg (7.65%), Zinc: 0.87mg (5.83%), Vitamin B1: 0.07mg (4.86%), Selenium: 3.38µg (4.83%), Vitamin B5: 0.47mg (4.69%), Iron: 0.79mg (4.37%), Vitamin B6: 0.08mg (4.06%), Vitamin A: 198.47IU (3.97%), Vitamin B3: 0.25mg (1.25%)