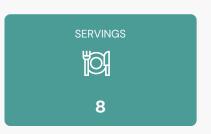


Triple Chocolate Mocha Pudding

Gluten Free







DESSERT

Ingredients

U.3 cup cocoa powder
1.5 cups hot-brewed coffee
3 tablespoons cornstarch
3 large egg yolk
0.3 cup cup heavy whipping cream
1.5 cups milk 2% (I used)
O.1 teaspoon salt

12 ounces semi chocolate chips

	1 cup sugar
	3 tablespoons butter unsalted
	1 ounce baker's chocolate unsweetened finely chopped
	2 teaspoons vanilla extract pure
Eq	uipment
	bowl
	sauce pan
	whisk
	sieve
Dii	rections
	This recipe is number twenty-one in my Thirty for Thanksgiving project where I'm cooking
	thirty recipes inspired by the November issue of Food Network Magazine and hopefully
	sharing some that you'll want to serve for Thanksgiving. You can find more recipes here:
	http://sallycooks.com So far this is my favorite recipe from the November issue because it
	tasted amazing and was a big hit with Joe. I made a few changes to the recipe; I added more
	chocolate and instead of three cups of milk, I used 1 and 1/2 cups of milk and 1 and 1/2 cups of
	coffee to give the pudding a slight mocha taste. I also left out the dark rum and doubled up
	on the vanilla extract. If you want to add in rum use 1 tablespoon dark rum and 1 teaspoon

vanilla. I skipped the step to strain the pudding through a sieve into a medium bowl and I found that the pudding was perfectly smooth. The pudding can be refrigerated for up to 3 days so this would be a great dessert to make ahead and wow your guests especially if you

have some homemade whipped cream. It was so good. What to do:melt the butter in a saucepanadd the chocolate and stir until melted and smoothadd milk and 1/3 cup of the sugar over medium heat until it is steamingwhisk the remaining 2/3 cup sugar, the cocoa,

the heat, I like to transfer the pudding into a pitcher while it is still warm so I can pour it

cornstarch and salt in a medium bowl, whisk in the eggs, egg yolk and creamgradually whisk into hot milk and chocolate mixturebring to a boil, whisking oftenand scraping the side of the saucepan, reduce the heat to low and let bubble for 30 secondsremove the saucepan from

cleanly into my dishesadd vanilla and spoon the pudding into 6 jars or bowlslet the pudding

cool at room temperature until tepid, about 1 hour, then refrigerate until chilled, at least 2

hourstop with whipped cream

Nutrition Facts

Properties

Glycemic Index:13.51, Glycemic Load:18.26, Inflammation Score:-6, Nutrition Score:12.300000006252%

Flavonoids

Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 10.32mg, Epicatechin: 10.32mg, Epicatechin: 10.32mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 492.01kcal (24.6%), Fat: 28.7g (44.15%), Saturated Fat: 16.6g (103.75%), Carbohydrates: 55.25g (18.42%), Net Carbohydrates: 50.24g (18.27%), Sugar: 43.22g (48.03%), Cholesterol: 96.58mg (32.19%), Sodium: 66.53mg (2.89%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Caffeine: 63.36mg (21.12%), Protein: 6.42g (12.84%), Manganese: 0.84mg (41.75%), Copper: 0.76mg (37.95%), Magnesium: 107.82mg (26.95%), Phosphorus: 222.89mg (22.29%), Iron: 3.89mg (21.63%), Fiber: 5.01g (20.05%), Zinc: 2.02mg (13.48%), Selenium: 9.19µg (13.13%), Potassium: 419.13mg (11.98%), Vitamin B2: 0.18mg (10.76%), Calcium: 105.38mg (10.54%), Vitamin A: 427.83IU (8.56%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 1.05µg (6.97%), Vitamin B5: 0.64mg (6.4%), Vitamin B1: 0.07mg (4.39%), Vitamin E: 0.65mg (4.33%), Vitamin K: 4.3µg (4.1%), Vitamin B6: 0.07mg (3.61%), Folate: 12.5µg (3.13%), Vitamin B3: 0.61mg (3.04%)