



Triple Chocolate Mocha Pudding

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



492 kcal

DESSERT

Ingredients

- 0.3 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)
- 0.1 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

Equipment

- bowl
- sauce pan
- whisk
- sieve

Directions

- 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 saucepan add the chocolate and stir until melted and smooth add milk and 1/3 cup of the sugar over medium heat until it is steaming whisk the remaining 2/3 cup sugar, the cocoa, cornstarch and salt in a medium bowl, whisk in the eggs, egg yolk and cream gradually whisk into hot milk and chocolate mixture bring to a boil, whisking often and scraping the side of the saucepan, reduce the heat to low and let bubble for 30 seconds remove the saucepan from the heat, I like to transfer the pudding into a pitcher while it is still warm so I can pour it cleanly into my dishes add vanilla and spoon the pudding into 6 jars or bowls let the pudding cool at room temperature until tepid, about 1 hour, then refrigerate until chilled, at least 2 hours stop with whipped cream

Nutrition Facts

PROTEIN 5.08% FAT 51.15% CARBS 43.77%

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, Epicatechin: 10.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, 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%)