



Triple Chocolate Pudding

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



485 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate
- ☐ 0.8 cup cocoa powder (preferably Dutch-processed)
- ☐ 0.5 cup cornstarch
- ☐ 2 cups half-and-half
- ☐ 0.1 teaspoon kosher salt ()
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 8 servings whipped cream for garnish

- ☐ 3 ounces chocolate white chopped
- ☐ 4 cups milk whole

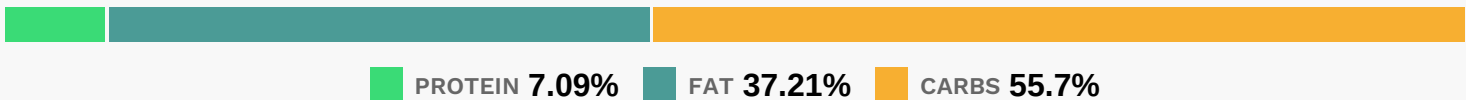
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ ramekin
- ☐ spatula

Directions

- ☐ In a mixing bowl, whisk together the sugar, cocoa, cornstarch, and salt. In a thin stream, pour in the milk whisking until smooth. In a thin stream, add in the half-and-half and whisk until smooth.
- ☐ Pour the mixture through a fine sieve or chinois into a saucepan. Over medium heat, whisking the mixture constantly, bring to a boil. Boil gently 2 minutes. Turn off the heat and stir in the bittersweet chocolate and vanilla extract.
- ☐ Transfer the custard to a mixing bowl.
- ☐ Fill a large bowl with ice cubes, rest the mixing bowl on top, and add cold water to cover the ice cubes.
- ☐ Let the mixture cool, stirring frequently with a rubber spatula, about 15 minutes.
- ☐ Fold in the white chocolate and pour the mixture into 1-cup ramekins, cups or mugs.
- ☐ Refrigerate until well chilled.
- ☐ Serve cold with dollops of whipped cream.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:33.15, Inflammation Score:-5, Nutrition Score:11.705217252607%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 484.65kcal (24.23%), Fat: 20.91g (32.17%), Saturated Fat: 12.41g (77.55%), Carbohydrates: 70.44g (23.48%), Net Carbohydrates: 66.51g (24.19%), Sugar: 56.79g (63.1%), Cholesterol: 43.25mg (14.42%), Sodium: 133.65mg (5.81%), Alcohol: 0.56g (100%), Alcohol %: 0.27% (100%), Caffeine: 27.69mg (9.23%), Protein: 8.96g (17.93%), Phosphorus: 292.7mg (29.27%), Calcium: 259.66mg (25.97%), Manganese: 0.47mg (23.31%), Copper: 0.46mg (22.99%), Vitamin B2: 0.35mg (20.76%), Magnesium: 82mg (20.5%), Fiber: 3.93g (15.71%), Vitamin B12: 0.87µg (14.5%), Potassium: 488.32mg (13.95%), Zinc: 1.68mg (11.19%), Iron: 1.91mg (10.61%), Selenium: 7.31µg (10.44%), Vitamin A: 461.41IU (9.23%), Vitamin D: 1.37µg (9.11%), Vitamin B5: 0.77mg (7.66%), Vitamin B1: 0.11mg (7.02%), Vitamin B6: 0.13mg (6.33%), Vitamin K: 3.2µg (3.05%), Vitamin E: 0.42mg (2.82%), Vitamin B3: 0.55mg (2.75%), Folate: 5.32µg (1.33%)