



Ultimate Chocolate Pudding

 **Gluten Free**

READY IN



30 min.

SERVINGS



7

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 1.3 cups sugar
- ☐ 0.5 cup dutch-processed cocoa powder unsweetened
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups milk
- ☐ 0.3 cup butter cut into pieces
- ☐ 2 teaspoons vanilla
- ☐ 1 serving whipped cream

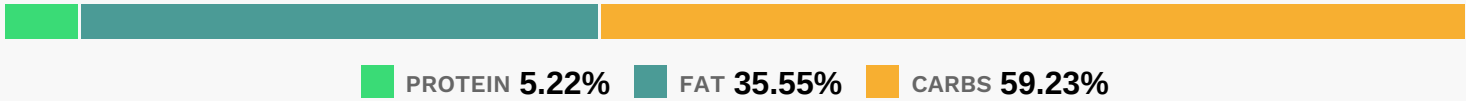
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In 2-quart saucepan, mix sugar, cocoa, cornstarch and salt with whisk. Gradually stir in milk. Cook over medium heat 8 to 10 minutes, stirring constantly, until pudding boils and is thickened. Reduce heat to medium-low; cook 2 minutes longer.
- ☐ Remove from heat; gently stir in butter and vanilla until butter is melted.
- ☐ Pour into large bowl; cover surface directly with plastic wrap to prevent skin from forming. Cool 10 minutes.
- ☐ Serve warm, or refrigerate until serving time.
- ☐ Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:26.54, Inflammation Score:-4, Nutrition Score:5.9813043371491%

Flavonoids

Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg, Catechin: 3.98mg Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 304.21kcal (15.21%), Fat: 12.7g (19.55%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 45.31g (16.48%), Sugar: 40.16g (44.62%), Cholesterol: 34.35mg (11.45%), Sodium: 270.96mg (11.78%), Alcohol: 0.39g (100%), Alcohol %: 0.34% (100%), Caffeine: 14.13mg (4.71%), Protein: 4.19g (8.39%), Phosphorus: 137.12mg (13.71%), Manganese: 0.25mg (12.31%), Copper: 0.24mg (11.98%), Calcium: 119.19mg (11.92%), Magnesium: 41.7mg (10.42%), Fiber: 2.31g (9.26%), Vitamin B2: 0.15mg (8.66%), Vitamin A: 417.17IU (8.34%), Vitamin

B12: 0.49µg (8.19%), Potassium: 230.52mg (6.59%), Vitamin D: 0.96µg (6.41%), Zinc: 0.8mg (5.31%), Iron: 0.9mg (4.99%), Selenium: 3µg (4.28%), Vitamin B1: 0.05mg (3.64%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.06mg (3.07%), Vitamin E: 0.31mg (2.04%), Vitamin B3: 0.24mg (1.18%), Vitamin K: 1.19µg (1.13%)