



Vanilla Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 2.5 cups milk
- 0.3 teaspoon salt
- 1.5 teaspoons vanilla extract
- 0.3 cup sugar white

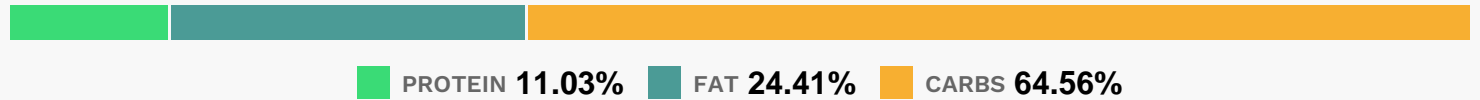
Equipment

- sauce pan

Directions

- In a saucepan, combine the sugar, corn starch and salt.
- Add milk and cook over medium heat, stirring constantly until mixture thickens.
- Add vanilla and continue to cook for 2 to 3 minutes.
- Pour into individual molds rinsed with cold water; chill until firm and unmold.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:9.56, Inflammation Score:-1, Nutrition Score:3.3665217083433%

Nutrients (% of daily need)

Calories: 121.9kcal (6.09%), Fat: 3.29g (5.06%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 19.56g (7.11%), Sugar: 16.11g (17.9%), Cholesterol: 12.2mg (4.07%), Sodium: 136.09mg (5.92%), Alcohol: 0.34g (100%), Alcohol %: 0.37% (100%), Protein: 3.35g (6.69%), Calcium: 125.41mg (12.54%), Phosphorus: 103.26mg (10.33%), Vitamin B12: 0.55µg (9.15%), Vitamin B2: 0.14mg (8.43%), Vitamin D: 1.12µg (7.46%), Potassium: 154.34mg (4.41%), Vitamin B5: 0.38mg (3.8%), Vitamin B1: 0.06mg (3.8%), Vitamin A: 164.7IU (3.29%), Magnesium: 12.44mg (3.11%), Vitamin B6: 0.06mg (3.11%), Selenium: 2.11µg (3.02%), Zinc: 0.42mg (2.81%)