



Vanilla Pudding



Vegetarian



Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 5 large egg yolks beaten
- ☐ 8 servings kosher salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 4.5 cups milk whole

Equipment

- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat 4 cups of the milk in a large saucepan over medium heat until steaming.
- ☐ Whisk the sugar, cornstarch and 1/2 teaspoon salt in a large bowl.
- ☐ Whisk in the egg yolks and the remaining 1/2 cup milk.
- ☐ Whisk half of the hot milk into the egg mixture until smooth, then gradually whisk the egg-milk mixture into the saucepan. Cook over medium heat, whisking constantly, until the mixture boils. Continue to cook, whisking constantly, until it has thickened to a puddinglike consistency, 3 to 4 minutes.
- ☐ Remove from the heat and stir in the vanilla.
- ☐ Cool slightly, stirring a few times to prevent a skin from forming.
- ☐ Place a piece of plastic wrap directly on top of the pudding and refrigerate until completely cooled and thickened, about 4 hours.
- ☐ Before serving, whisk the pudding vigorously until smooth and creamy.
- ☐ Cookies and Cream: Crush 20 chocolate wafer cookies, stir some into the pudding and top with the rest.
- ☐ Fresh Berries and Gingersnaps: Fold in 2 cups of fresh, mixed berries and top with about 12 finely crushed gingersnaps.
- ☐ Vanilla-Banana: Fold in 3 sliced bananas. Cover and refrigerate for 1 hour. Fold in 24 crushed vanilla wafer cookies and top with more sliced bananas.
- ☐ Rocky Road: Fold in 1 cup each mini marshmallows and toasted chopped walnuts and 1/2 cup of mini chocolate chips.
- ☐ Sprinkle with more chocolate chips.
- ☐ Peanut Butter* and Jelly (See Cook's Note): Fold in 1 cup quartered red grapes and 1/3 cup each chopped roasted peanuts and peanut butter chips. Top with whole grapes.

Nutrition Facts



 PROTEIN **10.47%**  FAT **27.67%**  CARBS **61.86%**

Properties

Glycemic Index:13.51, Glycemic Load:19.89, Inflammation Score:-2, Nutrition Score:6.4717391431332%

Nutrients (% of daily need)

Calories: 236.01kcal (11.8%), Fat: 7.29g (11.22%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 36.64g (13.32%), Sugar: 31.74g (35.26%), Cholesterol: 131.22mg (43.74%), Sodium: 251.87mg (10.95%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 6.21g (12.41%), Calcium: 183.11mg (18.31%), Phosphorus: 180.81mg (18.08%), Vitamin B12: 0.95µg (15.81%), Vitamin B2: 0.25mg (14.78%), Vitamin D: 2.08µg (13.89%), Selenium: 8.86µg (12.65%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 375.56IU (7.51%), Vitamin B1: 0.1mg (6.38%), Potassium: 219.64mg (6.28%), Vitamin B6: 0.12mg (6.06%), Zinc: 0.81mg (5.43%), Magnesium: 17.29mg (4.32%), Folate: 15.51µg (3.88%), Vitamin E: 0.34mg (2.29%), Iron: 0.33mg (1.84%)