



Vanilla Pudding Pops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



126 kcal

DESSERT

Ingredients

- 0.7 cup sugar
- 0.3 cup cornstarch
- 0.3 teaspoon salt
- 3 cups milk whole
- 3 large egg yolk
- 2 teaspoons vanilla extract pure

Equipment

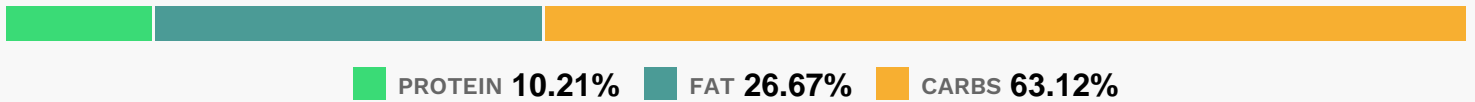
- bowl

- sauce pan
- whisk
- sieve

Directions

- Place a fine-mesh sieve over a medium bowl; set aside. In a medium saucepan, off heat, whisk together sugar, cornstarch, and salt. Gradually whisk in milk, mixing until ingredients are dissolved.
- Whisk in egg yolks.
- Whisking constantly, cook over medium heat until the first large bubble sputters. Reduce heat to low; continue to whisk, and cook 1 minute.
- Remove from heat, and immediately pour through sieve into bowl; stir in vanilla.
- Divide mixture among 10 3-ounce ice-pop molds. Chill in refrigerator until cool and thickened, about 1 hour. Insert pop sticks, and freeze until solid, at least 4 hours and up to 2 weeks. Run molds briefly under warm water to release pops.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:10.61, Inflammation Score:-1, Nutrition Score:3.3556521460414%

Nutrients (% of daily need)

Calories: 126.17kcal (6.31%), Fat: 3.74g (5.75%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 19.87g (7.23%), Sugar: 16.96g (18.84%), Cholesterol: 63.86mg (21.29%), Sodium: 88.89mg (3.86%), Alcohol: 0.28g (100%), Alcohol %: 0.36% (100%), Protein: 3.22g (6.44%), Calcium: 96.94mg (9.69%), Phosphorus: 94.29mg (9.43%), Vitamin B12: 0.49µg (8.25%), Vitamin B2: 0.13mg (7.72%), Vitamin D: 1.08µg (7.2%), Selenium: 4.42µg (6.31%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 192.13IU (3.84%), Vitamin B1: 0.05mg (3.34%), Potassium: 116.92mg (3.34%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.42mg (2.81%), Magnesium: 9.23mg (2.31%), Folate: 7.45µg (1.86%), Vitamin E: 0.17mg (1.12%)