



## White and Dark Chocolate Pudding Parfaits

READY IN



25 min.

SERVINGS



15

CALORIES



146 kcal

DESSERT

### Ingredients

- ☐ 4 chocolate wafers such as nabisco famous crushed
- ☐ 3 tablespoons cornstarch
- ☐ 1 cup heavy cream
- ☐ 12 oz raspberries frozen thawed drained
- ☐ 0.3 cup sugar
- ☐ 1.5 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 ounces chocolate white chopped
- ☐ 2 cups milk whole

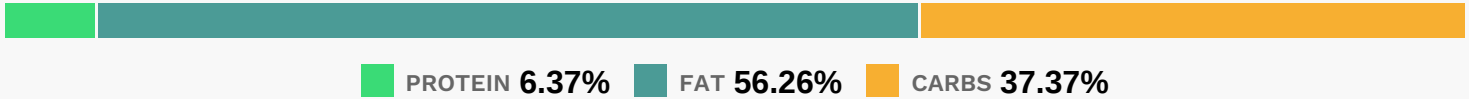
# Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

# Directions

- ☐ Combine 1/3 cup sugar and cornstarch in a medium pot.
- ☐ Whisk in 1/2 cup milk until smooth.
- ☐ Whisk in remaining milk and cream. Bring to a boil over medium-high heat, stirring. Reduce heat to low; cook, stirring constantly, for 2 minutes.
- ☐ Divide pudding into two bowls. Stir white chocolate into one bowl until melted and smooth. Stir unsweetened chocolate into other bowl until melted and smooth. Stir 1/2 tsp. vanilla into each bowl. Press plastic wrap onto surface of both puddings and refrigerate until cold, at least 2 hours and up to 1 day.
- ☐ Combine berries and remaining sugar and let stand, stirring occasionally, until sugar dissolves, about 2 minutes.
- ☐ Divide dark chocolate pudding among 4 1-cup glasses. Carefully divide half of white chocolate pudding over dark chocolate pudding layer. Top with raspberries, then remaining half of white chocolate pudding.
- ☐ Sprinkle crushed chocolate wafers on top.
- ☐ Serve immediately, or refrigerate, covered, for up to 2 hours.

# Nutrition Facts



# Properties

Glycemic Index:16.91, Glycemic Load:5.72, Inflammation Score:-3, Nutrition Score:4.5195651831834%

# Flavonoids

Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg, Cyanidin: 10.38mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg, Epicatechin: 4.82mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 9.55g (14.69%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.26g (4.46%), Sugar: 9.8g (10.89%), Cholesterol: 22.46mg (7.49%), Sodium: 29.6mg (1.29%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 2.43g (4.86%), Manganese: 0.28mg (14.23%), Fiber: 2.02g (8.08%), Vitamin C: 6.05mg (7.34%), Phosphorus: 67.3mg (6.73%), Calcium: 65.26mg (6.53%), Copper: 0.12mg (6.23%), Vitamin A: 294.47IU (5.89%), Vitamin B2: 0.1mg (5.85%), Magnesium: 20.54mg (5.14%), Iron: 0.75mg (4.15%), Vitamin D: 0.61µg (4.08%), Zinc: 0.58mg (3.87%), Potassium: 133.65mg (3.82%), Vitamin B12: 0.22µg (3.64%), Vitamin K: 2.95µg (2.81%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.65%), Vitamin B1: 0.04mg (2.53%), Selenium: 1.66µg (2.37%), Vitamin B6: 0.04mg (2.06%), Folate: 7.14µg (1.79%), Vitamin B3: 0.29mg (1.43%)