

# Pompadour Pudding

*Larchwood Inn - Wakefield, RI  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

1 quart milk  
3/4 cup sugar  
2 tablespoons cornstarch  
1/3 teaspoon salt  
3 eggs, separated  
2 teaspoons vanilla extract  
2 squares unsweetened chocolate,  
melted  
3/4 cup sugar  
4 tablespoons milk

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Preheat the oven to 325 degrees.

In a saucepan, scald the milk. Add the sugar, cornstarch and salt. Cook for 15 minutes.

Beat in the egg yolks. Cook for 5 minutes. Add the vanilla.

Fill six custard cups three-fourths full.

To prepare the topping: In a bowl, combine the chocolate, sugar and milk.

In a bowl, beat the egg whites until stiff and dry. Add to the chocolate mixture. Place the topping on the pudding, dividing the mixture among the custard cups until level.. Place the custard cups in a pan filled with hot water.

Bake for 45 minutes.

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Per Serving (excluding unknown items): 400 Calories; 13g Fat (29.2% calories from fat); 10g Protein; 64g Carbohydrate; 1g Dietary Fiber; 130mg Cholesterol; 239mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 3 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	400	Vitamin B6 (mg):	.1mg
% Calories from Fat:	29.2%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	61.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.4mg

**Total Fat (g):** 13g  
**Saturated Fat (g):** 7g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 130mg  
**Carbohydrate (g):** 64g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 10g  
**Sodium (mg):** 239mg  
**Potassium (mg):** 375mg  
**Calcium (mg):** 228mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 349IU  
**Vitamin A (r.e.):** 101 1/2RE

**Folacin (mcg):** 21mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 19mg  
**Alcohol (kcal):** 4  
**% Daily Values\***

## Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 2 1/2  
**Other Carbohydrates:** 3 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 400 **Calories from Fat:** 117

### % Daily Values\*

<b>Total Fat</b>	13g	21%
Saturated Fat	7g	37%
<b>Cholesterol</b>	130mg	43%
<b>Sodium</b>	239mg	10%
<b>Total Carbohydrates</b>	64g	21%
Dietary Fiber	1g	6%
<b>Protein</b>	10g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		3%
<b>Calcium</b>		23%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.