

# Z Trim Chocolate Pudding

Recipe Component : Dairy

Desserts

Recipe # 08-041

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Evaporated Milk –Skim	4.4	Lbs.	8.8	Lbs.	1. Blend at high speed the Z Trim Corn Fiber and Guar Gum with the Evaporated Milk until smooth. 2. Add the Non Fat Dry Milk, Skim Milk, Salt, and Sugar. 3. Heat to 150°F slowly adding the Chocolate with continuous stirring. 4. Remove from heat and add flavors. 5. Cool and Refrigerate. Portion in 106 gram portions.
Z Trim Corn Fiber	5.0	Oz.	10.0	Oz.	
Skim Milk	4.0	Lbs.	8.0	Oz.	
Sugar	2.0	Lbs.	4.0	Lbs.	
Non Fat Dry Milk	3.75	Oz.	7.5	Oz.	
Semi Sweet Chocolate Pcs.	10.5	Oz.	1.33	Lbs.	
Vanilla Extract	1 ½	Tbsp.	3	Tbsp.	
Salt	1	Tsp.	2	Tsp.	
Guar Gum	½	Tsp.	1	Tsp.	
Dark Chocolate Flavor	½	Tsp.	1	Tsp.	

Nutrients Per Serving	Serving Size : 106 grams				
<b>Calories</b>	150	<b>Saturated Fat</b>	1g	<b>Iron</b>	0 %
<b>Protein</b>	5 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	20 %
<b>Carbohydrate</b>	31 g	<b>Vitamin A</b>	4 %	<b>Sodium</b>	115 mg
<b>Total Fat</b>	2 g	<b>Vitamin C</b>	2 %	<b>Dietary Fiber</b>	3 g

