



Almond Milk Chocolate Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



816 kcal

DESSERT

Ingredients

- ☐ 1.5 cups silk almond vanilla pure
- ☐ 0.5 teaspoon vanilla and/or almond extract
- ☐ 0.3 teaspoon chocolate extract
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons granulated sugar
- ☐ 0.1 teaspoon sea salt
- ☐ 1.5 tablespoons butter unsalted room temperature
- ☐ 3 tablespoons cocoa powder unsweetened natural style

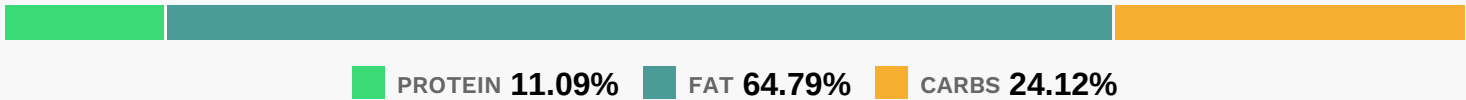
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Whisk the sugar, cornstarch, cocoa and salt in a medium (2 quart) nonstick saucepan.Slowly whisk in the almond milk. Bring mixture to a boil over medium heat, whisking constantly.Reduce heat to low and simmer, whisking occasionally, until mixture thickens. It usually takes about 3 minutes, but I continue whisking for a total of 4.Set a sieve over a bowl and drain pudding into the bowl to ensure that there aren't any lumps. Stir in the extracts and the butter.
- ☐ Pour into 2 serving bowls. Cover exposed area with a small sheet of waxed paper or parchment or plastic wrap, then cool slightly and chill until cold.
- ☐ Serve with whipped cream and chocolate shavings.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:13.54, Inflammation Score:-9, Nutrition Score:31.936956631101%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg Epicatechin: 15.38mg, Epicatechin: 15.38mg, Epicatechin: 15.38mg, Epicatechin: 15.38mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 816.02kcal (40.8%), Fat: 63.12g (97.11%), Saturated Fat: 10.08g (62.97%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 36.62g (13.32%), Sugar: 22.89g (25.44%), Cholesterol: 22.58mg (7.53%), Sodium: 150.13mg (6.53%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 17.25mg (5.75%), Protein: 24.32g (48.64%), Vitamin E: 27.71mg (184.71%), Manganese: 2.75mg (137.32%), Magnesium: 327.57mg (81.89%), Vitamin B2: 1.25mg (73.45%), Copper: 1.4mg (69.83%), Fiber: 16.25g (65.01%), Phosphorus: 574.54mg (57.45%), Calcium: 301.16mg (30.12%), Iron: 5.07mg (28.18%), Potassium: 904.77mg (25.85%), Zinc: 3.87mg (25.83%), Vitamin B3: 4.05mg (20.27%), Vitamin B1: 0.23mg (15.09%), Folate: 49.9µg (12.48%), Selenium: 5.91µg (8.44%), Vitamin B6: 0.16mg (7.82%), Vitamin B5: 0.53mg (5.34%), Vitamin A: 263.47IU (5.27%), Vitamin D: 0.16µg (1.05%)