



Almond Strawberry Chia Seed Pudding



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 2 cups vanilla almond milk
- ☐ 0.5 cup chia seeds
- ☐ 0.3 cup honey
- ☐ 16 ounce strawberries fresh hulled
- ☐ 1 teaspoon vanilla extract

Equipment

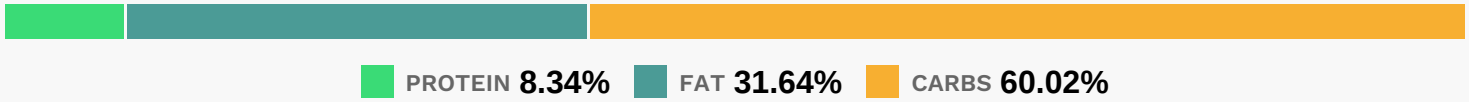
- ☐ bowl
- ☐ blender

☐ plastic wrap

Directions

- ☐ Puree almond milk and strawberries in a blender until smooth; pour into a bowl. Stir chia seeds, honey, and vanilla extract into the strawberry puree.
- ☐ Cover bowl with plastic wrap and refrigerate until set, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:23.07, Glycemic Load:11.68, Inflammation Score:-6, Nutrition Score:15.256086976632%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 224.35kcal (11.22%), Fat: 8.37g (12.88%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 25.75g (9.36%), Sugar: 23.19g (25.77%), Cholesterol: 0mg (0%), Sodium: 167.97mg (7.3%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 4.96g (9.93%), Vitamin C: 67.12mg (81.36%), Manganese: 1.04mg (51.78%), Fiber: 10g (39.98%), Calcium: 303.61mg (30.36%), Magnesium: 86.47mg (21.62%), Phosphorus: 210.87mg (21.09%), Selenium: 12.35µg (17.65%), Copper: 0.26mg (12.96%), Iron: 2.2mg (12.2%), Vitamin B3: 2.34mg (11.72%), Vitamin B1: 0.16mg (10.61%), Folate: 38.05µg (9.51%), Zinc: 1.18mg (7.86%), Potassium: 272.48mg (7.79%), Vitamin B2: 0.07mg (4.12%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.44mg (2.9%), Vitamin K: 2.49µg (2.38%), Vitamin B5: 0.16mg (1.57%)