



Avocado Chocolate Pudding



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar raw
- ☐ 1 small avocado ripe
- ☐ 0.3 cup cocoa powder
- ☐ 0.3 cup nonfat milk

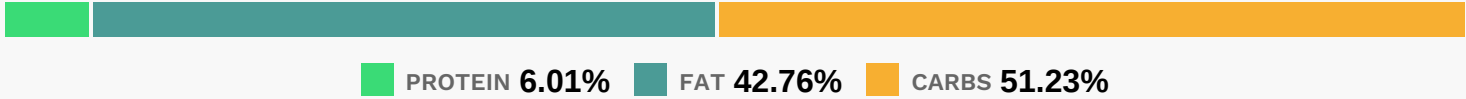
Equipment

- ☐ blender

Directions

☐ Blend all ingredients into a blender until smooth and creamy. You may need to add more agave nectar depending on the size of your avocado. It's ready to eat immediately or you can also refrigerate.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:5.42, Inflammation Score:-6, Nutrition Score:15.642173829286%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.49mg, Epicatechin: 21.49mg, Epicatechin: 21.49mg, Epicatechin: 21.49mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 309.39kcal (15.47%), Fat: 16.44g (25.29%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 33.52g (12.19%), Sugar: 27.33g (30.37%), Cholesterol: 0.92mg (0.31%), Sodium: 23.32mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 5.2g (10.4%), Fiber: 10.78g (43.14%), Copper: 0.6mg (30.11%), Vitamin K: 29.62µg (28.21%), Manganese: 0.56mg (27.9%), Folate: 96.46µg (24.11%), Magnesium: 86.83mg (21.71%), Potassium: 703.44mg (20.1%), Vitamin C: 16.28mg (19.74%), Vitamin B6: 0.37mg (18.73%), Phosphorus: 164.3mg (16.43%), Vitamin E: 2.45mg (16.34%), Vitamin B5: 1.53mg (15.33%), Vitamin B2: 0.26mg (15.13%), Iron: 2.08mg (11.56%), Vitamin B3: 2.27mg (11.36%), Zinc: 1.52mg (10.11%), Vitamin B1: 0.14mg (9.17%), Calcium: 66.61mg (6.66%), Selenium: 3.18µg (4.54%), Vitamin A: 209.21IU (4.18%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.25%)