



Banana Chia Pudding

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



174 kcal

DESSERT

Ingredients

- 1 large banana cut in chunks
- 7 tablespoons chia seeds
- 1.5 cups vanilla-flavored flax milk
- 3 tablespoons honey
- 0.1 teaspoon sea salt
- 1 teaspoon vanilla extract

Equipment

- bowl

blender

Directions

- Put milk, banana, chia seeds, honey, vanilla extract, and sea salt in respective order in the blender; blend until smooth.
- Pour mixture into a bowl and refrigerate until thickened, at least 2 hours. Spoon mixture into small bowls to serve.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:8.4143478805604%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 173.93kcal (8.7%), Fat: 6.5g (10%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 20.31g (7.39%), Sugar: 17.43g (19.37%), Cholesterol: 7.5mg (2.5%), Sodium: 88.89mg (3.86%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Protein: 4.58g (9.15%), Manganese: 0.5mg (25.03%), Fiber: 5.93g (23.71%), Phosphorus: 188.97mg (18.9%), Calcium: 160.21mg (16.02%), Magnesium: 61.44mg (15.36%), Selenium: 9.23µg (13.18%), Copper: 0.19mg (9.6%), Vitamin B2: 0.15mg (8.6%), Vitamin B1: 0.12mg (7.8%), Iron: 1.34mg (7.42%), Vitamin B3: 1.48mg (7.4%), Potassium: 248.96mg (7.11%), Zinc: 0.96mg (6.37%), Vitamin B6: 0.11mg (5.54%), Vitamin D: 0.81µg (5.42%), Folate: 14.73µg (3.68%), Vitamin B12: 0.21µg (3.44%), Vitamin C: 2.81mg (3.41%), Vitamin B5: 0.27mg (2.67%), Vitamin A: 83.32IU (1.67%)