



Bittersweet Chocolate Pudding

 Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 6 oz vanilla yogurt fat-free
- ☐ 3 tablespoons honey
- ☐ 0.5 teaspoon espresso powder instant
- ☐ 1 pinch salt
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 10 ounce silken tofu
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 0.5 teaspoon vegetable oil

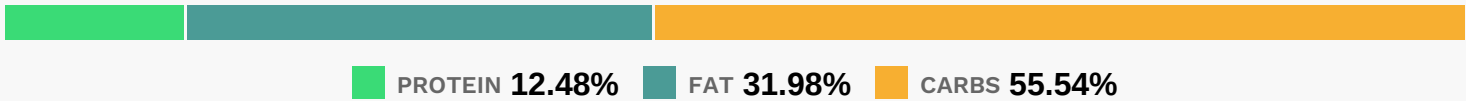
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Bring 1 inch of water to a simmer in a small pan.
- ☐ Place chocolate and oil in a small heatproof bowl over simmering water.
- ☐ Let stand until chocolate is almost melted, about 5 minutes.
- ☐ Remove bowl from heat and stir mixture until smooth. Set aside to cool.
- ☐ In a food processor, combine yogurt, honey, cocoa, tofu, vanilla, espresso powder and salt; process until smooth.
- ☐ Add chocolate and process until completely combined.
- ☐ Divide pudding among 4 dessert cups. Cover with plastic wrap and chill for at least 2 hours.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:10.024347896809%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 242.13kcal (12.11%), Fat: 9.47g (14.56%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 31.77g (11.55%), Sugar: 27.46g (30.51%), Cholesterol: 1.7mg (0.57%), Sodium: 42.34mg (1.84%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 40.84mg (13.61%), Protein: 8.31g (16.62%), Copper: 0.74mg (37.11%), Manganese: 0.63mg (31.61%), Magnesium: 106.37mg (26.59%), Phosphorus: 211.37mg (21.14%), Fiber: 5.21g (20.86%), Iron: 3.07mg (17.08%), Potassium: 467.94mg (13.37%), Zinc: 1.83mg (12.18%), Calcium: 110.39mg (11.04%), Vitamin B2: 0.14mg (8.52%), Selenium: 5.42µg (7.74%), Vitamin B1: 0.1mg (6.73%), Vitamin B12: 0.23µg (3.76%), Vitamin B3: 0.67mg (3.33%), Vitamin K: 2.79µg (2.66%), Vitamin B6: 0.05mg (2.32%), Folate: 7.58µg (1.9%), Vitamin E: 0.17mg (1.11%)