



Ch-ch-ch Chia Seed Sugar-Free Chocolate Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chia seeds
- ☐ 0.3 cup cocoa powder
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.3 teaspoon liquid stevia
- ☐ 0.3 cup walnuts
- ☐ 2 cups water hot

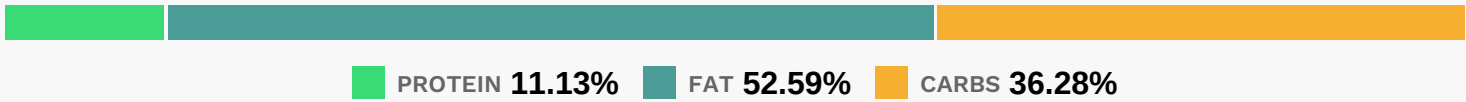
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Blend water, cocoa powder, apricots, walnuts, and stevia together in a blender until smooth.
- ☐ Stir blended cocoa mixture and chia seeds together in a bowl.
- ☐ Let pudding sit until thickened, about 30 minutes.
- ☐ Transfer pudding to a serving bowl, cover with plastic wrap, and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:8.8043478766213%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 131.3kcal (6.56%), Fat: 8.81g (13.56%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 6.95g (2.53%), Sugar: 4.62g (5.14%), Cholesterol: 0mg (0%), Sodium: 9.7mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.2g (8.4%), Manganese: 0.76mg (38.22%), Fiber: 6.73g (26.91%), Copper: 0.47mg (23.25%), Magnesium: 77.75mg (19.44%), Phosphorus: 161.9mg (16.19%), Iron: 2mg (11.09%), Selenium: 7.17µg (10.24%), Calcium: 89.11mg (8.91%), Zinc: 1.12mg (7.48%), Potassium: 251.44mg (7.18%), Vitamin B3: 1.35mg (6.74%), Vitamin B1: 0.1mg (6.41%), Vitamin A: 300.02IU (6%), Folate: 14.9µg (3.73%), Vitamin E: 0.46mg (3.08%), Vitamin B6: 0.06mg (2.86%), Vitamin B2: 0.05mg (2.82%)