



Cheesecake Tiramisu Protein Pudding



Vegetarian



Gluten Free



Popular

READY IN



65 min.

SERVINGS



1

CALORIES



209 kcal

DESSERT

Ingredients

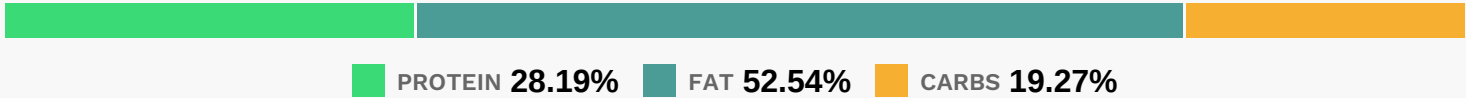
- ☐ 1 tbsp almonds sliced
- ☐ 0.3 tsp cocoa powder
- ☐ 0.5 tsp coffee dissolved in 1 tsp hot water, then cooled instant
- ☐ 0.3 cup nonfat greek yogurt
- ☐ 0.3 cup ricotta cheese
- ☐ 1 tsp artificial sweetener to taste your favorite (I used stevia)
- ☐ 2 scoops frangelico sweet
- ☐ 2 scoops frangelico sweet

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Cheesecake Tiramisu Protein Pudding
- ☐ Ingredients2 scoops Visalus Vi Shake
- ☐ Mix, Sweet Cream flavor1/3 cup nonfat Greek yogurt1/4 cup nonfat ricotta cheese1/2 tsp instant coffee granules dissolved in 1 tsp hot water, then cooled1 tsp your favorite sweetener, or more to taste (I used stevia)1/4 tsp cocoa powder1 tbsp sliced almonds (optional)
- ☐ Prep Time: 5 Minutes
- ☐ Total Time: 1 Hour 5 Minutes
- ☐ Servings: 1
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:8.968695661296%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 208.78kcal (10.44%), Fat: 13.32g (20.49%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.79g (4.21%), Cholesterol: 34.95mg (11.65%), Sodium: 76.42mg (3.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.27mg (5.43%), Protein: 16.08g (32.16%), Vitamin B2: 0.42mg (24.89%), Phosphorus: 240.08mg (24.01%), Calcium: 230.26mg (23.03%), Selenium: 16.1µg (23%), Vitamin E: 2.64mg (17.57%), Manganese: 0.26mg (12.82%), Vitamin B12: 0.68µg (11.29%), Magnesium: 44.04mg (11.01%), Zinc: 1.4mg (9.36%), Potassium: 253.9mg (7.25%), Copper: 0.14mg (6.88%), Vitamin A: 278.67IU (5.57%), Fiber: 1.34g (5.37%), Vitamin B6: 0.08mg (4.17%), Folate: 16.59µg (4.15%), Vitamin B5: 0.4mg (4.01%), Iron: 0.71mg (3.94%), Vitamin B3: 0.71mg (3.57%), Vitamin B1: 0.04mg (2.9%)