



# Chia Pudding

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



4

CALORIES



224 kcal

DESSERT

## Ingredients

- 0.7 cup chia seeds
- 2 cups milk
- 0.5 teaspoon vanilla extract
- 1 tablespoon sugar white

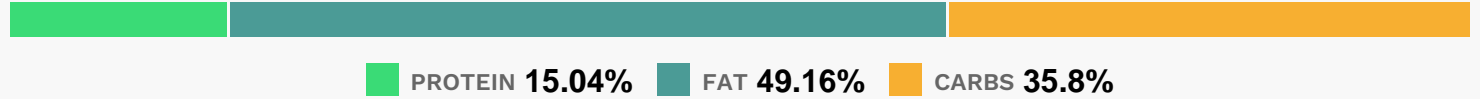
## Equipment

- bowl
- plastic wrap

## Directions

- Combine milk, chia seeds, sugar, and vanilla extract in a bowl; let sit about 10 minutes. Stir the mixture, cover the bowl with plastic wrap, and refrigerate 8 hours to overnight.
- Top the pudding with coconut and raisins to serve.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:4.26, Inflammation Score:-6, Nutrition Score:14.210000049809%

## Nutrients (% of daily need)

Calories: 223.89kcal (11.19%), Fat: 12.62g (19.42%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.93g (9.92%), Cholesterol: 14.64mg (4.88%), Sodium: 50.97mg (2.22%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 8.69g (17.38%), Fiber: 9.75g (38.99%), Manganese: 0.78mg (38.88%), Phosphorus: 366.92mg (36.69%), Calcium: 328.93mg (32.89%), Magnesium: 109.62mg (27.4%), Selenium: 17.98µg (25.68%), Vitamin B1: 0.24mg (16.27%), Copper: 0.26mg (13.18%), Vitamin B3: 2.63mg (13.16%), Vitamin B2: 0.22mg (12.8%), Iron: 2.19mg (12.16%), Zinc: 1.8mg (11.99%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Potassium: 299.12mg (8.55%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 212.94IU (4.26%), Vitamin B6: 0.07mg (3.73%), Folate: 13.88µg (3.47%), Vitamin E: 0.2mg (1.35%)