



 5%
HEALTH SCORE

Chia Seed Pudding

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



143 kcal

DESSERT

Ingredients

- 1 tablespoon agave nectar raw
- 355 ml vanilla almond milk your favorite flavored (or milk)
- 0.3 cup chia seeds black
- 3 servings raspberries your favorite (or berry)
- 1 pinch salt
- 1 teaspoon vanilla extract

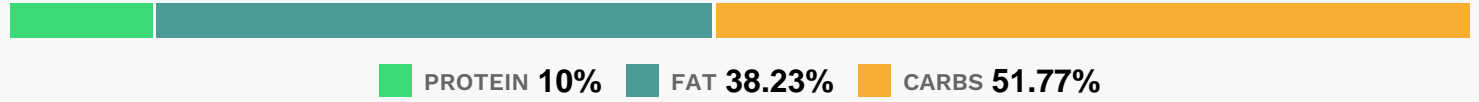
Equipment

- bowl

Directions

- Mix ingredients together in small bowl.
- Let sit overnight, top with your favorite berries and enjoy!

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:10.06652173913%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Taste

Sweetness: 100%, Saltiness: 4.54%, Sourness: 70.56%, Bitterness: 15.73%, Savoriness: 2.33%, Fattiness: 28.55%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 143.1kcal (7.15%), Fat: 6.28g (9.66%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 9.96g (3.62%), Sugar: 7.71g (8.56%), Cholesterol: 0mg (0%), Sodium: 178.74mg (7.77%), Alcohol: 0.46g (2.55%), Protein: 3.7g (7.39%), Manganese: 0.79mg (39.56%), Fiber: 9.16g (36.65%), Calcium: 254.67mg (25.47%), Vitamin C: 17.14mg (20.77%), Magnesium: 60.89mg (15.22%), Phosphorus: 139.38mg (13.94%), Selenium: 8.06µg (11.51%), Copper: 0.19mg (9.33%), Iron: 1.52mg (8.42%), Vitamin B3: 1.66mg (8.32%), Vitamin B1: 0.12mg (7.71%), Zinc: 0.9mg (6.02%), Vitamin K: 6.26µg (5.96%), Folate: 21.64µg (5.41%), Vitamin E: 0.66mg (4.41%), Potassium: 150.51mg (4.3%), Vitamin B2: 0.06mg (3.51%), Vitamin B6: 0.05mg (2.49%), Vitamin B5: 0.2mg (1.98%)