



## Chocolate Avocado Pudding



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



286 kcal

DESSERT

### Ingredients



3 tablespoons agave nectar



2 avocados



0.3 cup cocoa powder



2 tablespoons so delicious dairy free vanilla coconut milk beverage plus more depending on desired consistency



0.3 cup dairy-free chocolate chips



1 pinch salt



1.5 teaspoons vanilla extract

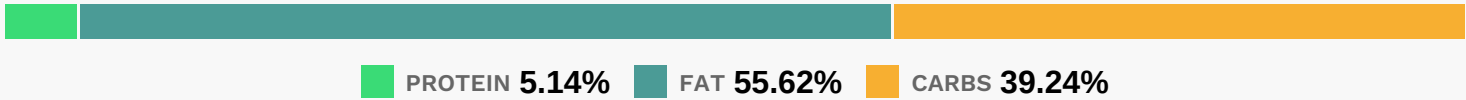
# Equipment

☐ food processor

# Directions

- ☐ Melt chocolate chips with 2 tablespoons milk beverage.Put all ingredients in food processor and process until smooth.
- ☐ Add more milk beverage to achieve desired consistency.
- ☐ Let chill in refrigerator for at least two hours.
- ☐ Serve chilled.

# Nutrition Facts



# Properties

Glycemic Index:22.1, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:12.351739178533%

# Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

# Nutrients (% of daily need)

Calories: 286.16kcal (14.31%), Fat: 19.51g (30.01%), Saturated Fat: 4.85g (30.34%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 21.42g (7.79%), Sugar: 17.12g (19.03%), Cholesterol: 0mg (0%), Sodium: 22.37mg (0.97%), Alcohol: 0.52g (100%), Alcohol %: 0.46% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.05g (8.11%), Fiber: 9.54g (38.15%), Vitamin K: 24.78µg (23.6%), Folate: 90.25µg (22.56%), Copper: 0.41mg (20.32%), Manganese: 0.35mg (17.66%), Potassium: 582.55mg (16.64%), Vitamin E: 2.43mg (16.19%), Vitamin C: 13.27mg (16.08%), Vitamin B6: 0.32mg (15.97%), Vitamin B5: 1.41mg (14.1%), Magnesium: 56.3mg (14.08%), Iron: 2.16mg (12.01%), Vitamin B3: 2.23mg (11.14%), Vitamin B2: 0.19mg (10.94%), Phosphorus: 91.96mg (9.2%), Zinc: 1.03mg (6.87%), Vitamin B1: 0.1mg (6.37%), Calcium: 44.39mg (4.44%), Vitamin A: 176.21IU (3.52%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.08µg (1.35%)