



Chocolate-Banana Tofu Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 1 banana
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 pinch ground cinnamon
- ☐ 12 ounce silken tofu soft
- ☐ 3 tablespoons soy milk
- ☐ 5 tablespoons cocoa powder unsweetened

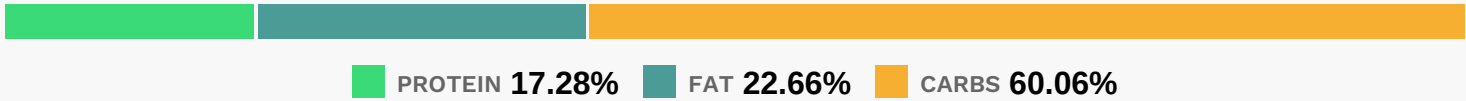
Equipment

- ☐ blender

Directions

- ☐ Place the banana, tofu, sugar, cocoa powder, soy milk, and cinnamon into a blender. Cover, and puree until smooth.
- ☐ Pour into individual serving dishes, and refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:3.38, Inflammation Score:-4, Nutrition Score:6.597826068816%

Flavonoids

Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epicatechin: 12.28mg, Epicatechin: 12.28mg, Epicatechin: 12.28mg, Epicatechin: 12.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 121.64kcal (6.08%), Fat: 3.47g (5.35%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 17.49g (6.36%), Sugar: 12.44g (13.83%), Cholesterol: 0mg (0%), Sodium: 11.64mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.38mg (4.79%), Protein: 5.96g (11.92%), Copper: 0.45mg (22.52%), Manganese: 0.33mg (16.42%), Magnesium: 63.85mg (15.96%), Fiber: 3.24g (12.94%), Potassium: 369.93mg (10.57%), Phosphorus: 105.13mg (10.51%), Iron: 1.71mg (9.48%), Vitamin B6: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.07%), Zinc: 0.94mg (6.27%), Vitamin B2: 0.09mg (5.56%), Calcium: 52.17mg (5.22%), Vitamin B3: 0.96mg (4.79%), Vitamin C: 3.38mg (4.1%), Folate: 11.5µg (2.88%), Vitamin E: 0.32mg (2.14%), Selenium: 1.49µg (2.13%), Vitamin B12: 0.12µg (2.02%), Vitamin A: 63.24IU (1.26%), Vitamin B5: 0.11mg (1.15%)