



## Chocolate-Cardamom Pudding

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

DESSERT

### Ingredients

- 8 ounce bars bittersweet chocolate (with ghirardelli) melted
- 14 ounce coconut milk (canned) (1 cup)
- 1.5 teaspoons cardamom pods
- 12.3 ounce silken tofu (with mori-nu) soft
- 2 tablespoons sugar

### Equipment

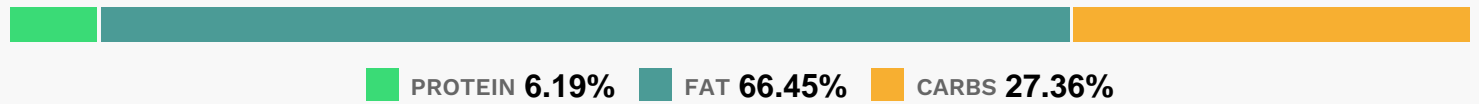
- food processor
- paper towels

sauce pan

## Directions

- Place tofu on several layers of heavy-duty paper towels; cover with additional paper towels and place on a plate.
- Place a heavy object on top of paper towels; let stand 20 minutes to extract excess liquid.
- Place coconut milk, sugar, and cardamom pods in a saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Remove and discard cardamom pods.
- Combine milk mixture, tofu, and melted chocolate in a food processor. Process 2 to 3 minutes or until mixture is smooth and creamy, stopping once to scrape down sides. Spoon mixture into demitasse cups or pots de crme cups. Cover and chill, if desired.

## Nutrition Facts



## Properties

Glycemic Index:12.52, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:11.326521531395%

## Nutrients (% of daily need)

Calories: 419.92kcal (21%), Fat: 31.84g (48.98%), Saturated Fat: 22.5g (140.6%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 24.81g (9.02%), Sugar: 20.84g (23.15%), Cholesterol: 2.27mg (0.76%), Sodium: 16.74mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 6.67g (13.34%), Manganese: 1.25mg (62.35%), Copper: 0.77mg (38.51%), Magnesium: 109mg (27.25%), Iron: 4.02mg (22.35%), Phosphorus: 201.35mg (20.13%), Fiber: 4.68g (18.71%), Potassium: 498.58mg (14.25%), Zinc: 1.78mg (11.9%), Selenium: 7.3µg (10.43%), Vitamin B1: 0.09mg (5.89%), Calcium: 53.99mg (5.4%), Vitamin B3: 1mg (5%), Folate: 10.58µg (2.65%), Vitamin K: 2.79µg (2.65%), Vitamin B2: 0.04mg (2.56%), Vitamin C: 1.96mg (2.37%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.07µg (1.13%)