



Chocolate Chia Pudding

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



2

CALORIES



161 kcal

DESSERT

Ingredients

- 3 tablespoons chia seeds
- 2 teaspoons cocoa powder
- 1 cup non-dairy milk unsweetened (I used soymilk)
- 0.5 cup raspberries for garnish
- 2 scoops artificial sweetener pure to taste
- 0.5 teaspoon vanilla extract (or 1 tsp. regular)

Equipment

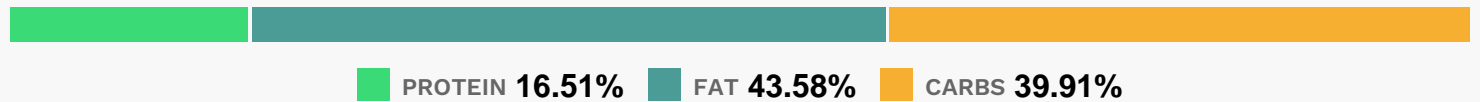
- bowl

blender

Directions

- Place the milk, vanilla, and cocoa into the blender and add sweetener to taste (about 2 servings worth). Blend until cocoa is completely incorporated.
- Pour milk mixture into a bowl and add the chia seeds. Stir well, making sure that all the seeds are moistened. Leave out on the counter and stir periodically (about every 15 minutes or so), breaking up any clusters that form. Allow it to stand until the pudding has thickened and all liquid has been absorbed, at least an hour. Refrigerate. Just before serving, stir in fruit.
- Serve topped with additional fruit.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:16.329130400782%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 161.34kcal (8.07%), Fat: 8.21g (12.64%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 7.19g (2.62%), Sugar: 4.71g (5.23%), Cholesterol: 0mg (0%), Sodium: 62.48mg (2.72%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 7g (14.01%), Manganese: 0.73mg (36.59%), Fiber: 8.98g (35.94%), Calcium: 287.67mg (28.77%), Vitamin B3: 5.68mg (28.4%), Vitamin E: 3.33mg (22.17%), Vitamin B12: 1.27µg (21.24%), Vitamin C: 16.64mg (20.17%), Copper: 0.38mg (18.85%), Selenium: 12.85µg (18.36%), Magnesium: 72.01mg (18%), Phosphorus: 170.9mg (17.09%), Vitamin B2: 0.28mg (16.48%), Vitamin B6: 0.29mg (14.64%), Folate: 53.2µg (13.3%), Vitamin B1: 0.2mg (13.02%), Iron: 2.32mg (12.86%), Vitamin A: 483.36IU (9.67%), Vitamin D: 1.42µg (9.44%), Zinc:

1.3mg (8.69%), Potassium: 301.62mg (8.62%), Vitamin K: 2.37 μ g (2.25%), Vitamin B5: 0.1mg (1.02%)