



## Chocolate-Peppermint Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



53 kcal

DESSERT

### Ingredients

- 2 servings celery stalks soft for garnish
- 4 tablespoons cocoa powder
- 2 tablespoons cornstarch
- 0.3 cup stevia powder (or use half sugar and the sweetening equivalent of 2 tbsp. stevia or other sweetener)

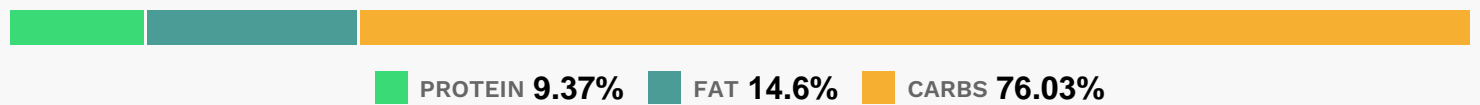
### Equipment

- stove
- microwave

## Directions

- Put the peppermint powder into a 4-cup microwavable dish and add the cornstarch, cocoa, and sugar. Slowly add the milk, stirring well. (Some cocoa may not seem to blend in, but it will once you start cooking.) Microwave on high power for 1 minute. Stir well. Return to the microwave for 30 seconds, stir, and repeat until mixture comes to a boil. Watch it carefully to make sure it does not boil over the sides. Once it reaches a boil, give it 30 more seconds, stopping microwave if it threatens to boil over. Stir well, and pour into 2 serving dishes.
- Garnish with peppermint sticks. (See stovetop directions below.)

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.350869593089%

## Flavonoids

Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg, Epicatechin: 19.64mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 53.42kcal (2.67%), Fat: 1.38g (2.12%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.33g (4.48%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 3.62mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23mg (7.67%), Protein: 1.99g (3.98%), Manganese: 0.39mg (19.45%), Copper: 0.38mg (19.17%), Fiber: 3.79g (15.15%), Magnesium: 50.25mg (12.56%), Iron: 1.43mg (7.94%), Phosphorus: 74.68mg (7.47%), Zinc: 0.69mg (4.58%), Potassium: 154.84mg (4.42%), Selenium: 1.66µg (2.37%), Vitamin B2: 0.02mg (1.45%), Calcium: 13.36mg (1.34%), Vitamin B3: 0.22mg (1.11%)