



Chocolate Pudding - Rave Diet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



383 kcal

DESSERT

Ingredients

- 2 cups water cold
- 0.5 cup maple syrup
- 4 tablespoons masa
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla
- 3 servings hazelnuts chopped for topping

Equipment

- sauce pan

whisk

Directions

Combine water, maple syrup, cocoa, cornstarch or corn flour and vanilla together in a saucepan.

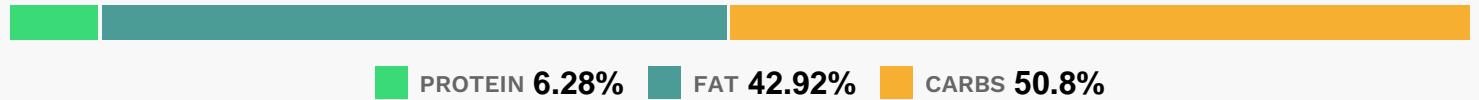
Whisk smooth with a spoon or hand whisker.

Cook over medium heat and stir constantly until pudding is very thick.

Pour into dessert dishes and top with chopped hazelnuts.

Cool and serve.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:13.51, Inflammation Score:-5, Nutrition Score:16.236086956522%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Taste

Sweetness: 100%, Saltiness: 38.24%, Sourness: 19.9%, Bitterness: 63.57%, Savoriness: 15%, Fattiness: 15.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 382.61kcal (19.13%), Fat: 19.29g (29.67%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 46g (16.73%), Sugar: 33.87g (37.63%), Cholesterol: 0mg (0%), Sodium: 14.35mg (0.62%), Alcohol: 0.46g (2.55%), Caffeine: 11.5mg (3.83%), Protein: 6.35g (12.69%), Manganese: 3.32mg (166.17%), Vitamin B2: 0.74mg (43.4%), Copper: 0.75mg (37.42%), Vitamin E: 4.52mg (30.11%), Magnesium: 95.54mg (23.88%), Fiber: 5.36g (21.43%), Vitamin B1: 0.25mg (16.88%), Phosphorus: 143.75mg (14.38%), Iron: 2.3mg (12.79%), Potassium: 427.27mg (12.21%), Calcium: 116.67mg (11.67%), Vitamin B6: 0.22mg (10.97%), Zinc: 1.64mg (10.91%), Folate: 38.21µg (9.55%), Vitamin B3: 0.85mg (4.25%), Vitamin K: 4.39µg (4.18%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.31mg (3.06%), Vitamin C: 1.89mg (2.29%)