



Clementine Chia Pudding

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



144 kcal

DESSERT

Ingredients

- 3 tablespoons agave nectar
- 0.3 cup chia seeds
- 2 clementines
- 1 cup milk low-fat
- 0.1 teaspoon nutmeg grated

Equipment

Directions

- Grate 1/2 tsp zest from clementines into airtight container.
- Add milk, chia, agave, and nutmeg. Cover, shake, and refrigerate until thick (about 10 hours). Peel and segment clementines; refrigerate. Top pudding with clementines.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:4.49, Inflammation Score:-4, Nutrition Score:8.2069565109585%

Nutrients (% of daily need)

Calories: 143.55kcal (7.18%), Fat: 3.98g (6.12%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 19.72g (7.17%), Sugar: 17.05g (18.95%), Cholesterol: 2.95mg (0.98%), Sodium: 25.72mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin C: 20.91mg (25.34%), Fiber: 4.33g (17.31%), Phosphorus: 160.21mg (16.02%), Calcium: 152.76mg (15.28%), Manganese: 0.3mg (15.11%), Magnesium: 46.65mg (11.66%), Selenium: 7.41µg (10.59%), Vitamin B1: 0.15mg (10.05%), Vitamin B2: 0.14mg (8.11%), Vitamin B3: 1.35mg (6.75%), Vitamin B12: 0.36µg (6%), Copper: 0.12mg (5.84%), Potassium: 203.39mg (5.81%), Zinc: 0.77mg (5.1%), Folate: 20.04µg (5.01%), Vitamin B6: 0.1mg (5.01%), Iron: 0.89mg (4.93%), Vitamin D: 0.65µg (4.33%), Vitamin K: 3.6µg (3.43%), Vitamin B5: 0.27mg (2.69%), Vitamin A: 121.44IU (2.43%), Vitamin E: 0.29mg (1.96%)