






 17%
HEALTH SCORE

Creamy Chocolate Pudding With Coconut Whipped Cream

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

READY IN

45 min.

SERVINGS

2

CALORIES

844 kcal

DESSERT

Ingredients

- 1 package spicy tofu soft
- 5 tbsp chocolate chips dark
- 1 tbsp non-dairy milk (almond, soy, rice)
- 1 can coconut milk chilled (in fridge overnight)
- 1 tsp vanilla extract
- 2 servings milk chocolate shavings

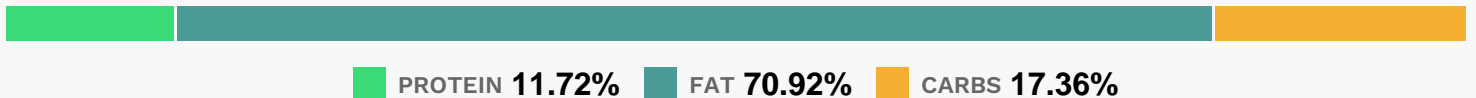
Equipment

- bowl
- blender
- microwave

Directions

- Melt chocolate in a microwave safe container with non-dairy milk.
- Add melted chocolate with tofu in blender (I use a magic bullet).
- Blend until smooth.
- Put into serving dishes.
- Put 1 can of coconut milk in fridge overnight.
- Flip can upside down (do not shake!). Open can and pour coconut liquid into another container (do not need).
- Scoop out hardened coconut mixture into a separate bowl and whip.
- Add vanilla extract or a sweetener for added flavour.
- Add a spoonful of 'whipped cream' topping onto pudding mixture and garnish with chocolate shavings or fruit if desired.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:17.750869565217%

Taste

Sweetness: 100%, Saltiness: 0.08%, Sourness: 29.29%, Bitterness: 0%, Savoriness: 12.9%, Fattiness: 48.05%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 843.61kcal (42.18%), Fat: 68.6g (105.54%), Saturated Fat: 54.3g (339.37%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 30.27g (11.01%), Sugar: 20.88g (23.2%), Cholesterol: 0.44mg (0.14%), Sodium: 82.06mg (3.57%), Alcohol: 0.72g (4.01%), Protein: 25.5g (50.99%), Manganese: 1.9mg (95.13%), Calcium: 403.85mg (40.39%), Iron: 6.24mg (34.65%), Copper: 0.62mg (31.19%), Fiber: 7.52g (30.06%), Phosphorus: 249.98mg (25%), Magnesium: 89.51mg (22.38%), Potassium: 782.73mg (22.36%), Selenium: 14.61µg (20.87%), Zinc: 2.71mg (18.07%),

Vitamin B3: 2.17mg (10.87%), Folate: 42.28µg (10.57%), Vitamin C: 6.33mg (7.67%), Vitamin E: 1.08mg (7.22%),
Vitamin B6: 0.13mg (6.66%), Vitamin B5: 0.65mg (6.51%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.08mg (4.95%),
Vitamin B12: 0.19µg (3.13%), Vitamin K: 3.16µg (3.01%)