



The REAL No-Guilt Chocolate Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



380 kcal

DESSERT

Ingredients

- 3 avocados pitted ripe cubed peeled
- 1 teaspoon juice of lemon
- 0.5 cup maple syrup
- 1 pinch salt
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 1 tablespoon water or as needed

Equipment

food processor

bowl

Directions

- Place the avocados, cocoa powder, maple syrup, lemon juice, vanilla extract, and salt in the work bowl of a food processor, and blend until smooth and creamy.
- Add water, 1 tablespoon at a time, as needed to make the pudding the desired consistency. Eat right away, or chill and serve cold.

Nutrition Facts

  
 **PROTEIN 4.89%**  **FAT 50.72%**  **CARBS 44.39%**

Properties

Glycemic Index:19.13, Glycemic Load:11, Inflammation Score:-7, Nutrition Score:21.336521874303%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.67mg, Epicatechin: 21.67mg, Epicatechin: 21.67mg, Epicatechin: 21.67mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 380.42kcal (19.02%), Fat: 23.64g (36.36%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 32.46g (11.8%), Sugar: 25.59g (28.43%), Cholesterol: 0mg (0%), Sodium: 26.5mg (1.15%), Alcohol: 0.69g (100%), Alcohol %: 0.42% (100%), Caffeine: 24.73mg (8.24%), Protein: 5.13g (10.26%), Manganese: 1.56mg (77.85%), Fiber: 14.08g (56.33%), Vitamin B2: 0.74mg (43.24%), Copper: 0.7mg (34.8%), Folate: 125.8µg (31.45%), Vitamin K: 31.93µg (30.41%), Potassium: 989.35mg (28.27%), Magnesium: 106.17mg (26.54%), Vitamin B5: 2.12mg (21.24%), Vitamin E: 3.13mg (20.89%), Vitamin B6: 0.4mg (20.06%), Vitamin C: 15.56mg (18.86%), Phosphorus: 157.51mg (15.75%), Vitamin B3: 2.9mg (14.5%), Zinc: 1.98mg (13.21%), Iron: 2.37mg (13.17%), Vitamin B1: 0.14mg (9.1%), Calcium: 76.14mg (7.61%), Vitamin A: 220.17IU (4.4%), Selenium: 2.14µg (3.06%)