



Tofu Mango Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



276 kcal

Ingredients

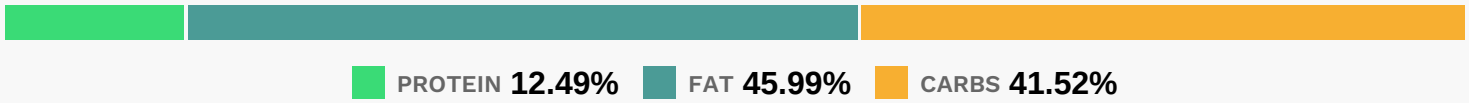
- ☐ 0.8 cup mango pulp sweetened
- ☐ 2 servings optional pistachios unsalted chopped
- ☐ 0.5 cup silken tofu (I Used Nasoya Brand)
- ☐ 2 servings optional cardamom powder/vanilla extract

Equipment

Directions

Blend smoothly the silken tofu, mango pulp and the flavoring of choice. I used cardamom powder and garnished it with chopped pistachios to give it an Indian mango kulfi taste. It tasted awesome and my 3 year old loved it.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:13.201738917309%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 275.74kcal (13.79%), Fat: 14.66g (22.55%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 26.3g (9.56%), Sugar: 21.5g (23.89%), Cholesterol: 0mg (0%), Sodium: 23.59mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Iron: 12.73mg (70.74%), Vitamin A: 2240.2IU (44.8%), Copper: 0.49mg (24.32%), Vitamin B6: 0.48mg (24.13%), Vitamin B1: 0.3mg (20.18%), Phosphorus: 173.87mg (17.39%), Manganese: 0.34mg (16.8%), Vitamin C: 13.78mg (16.7%), Fiber: 3.47g (13.9%), Magnesium: 51.03mg (12.76%), Potassium: 393.46mg (11.24%), Zinc: 0.92mg (6.16%), Calcium: 56.59mg (5.66%), Vitamin E: 0.64mg (4.29%), Vitamin B2: 0.07mg (4.03%), Folate: 14.28µg (3.57%), Selenium: 1.96µg (2.8%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.15mg (1.46%)