



Vegan Carrot Pudding

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

DESSERT

Ingredients

- 2 cups carrots shredded
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 1.5 teaspoons blackstrap molasses
- 0.3 cup raisins

- 1 cup vanilla soy milk silk® (such as)
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

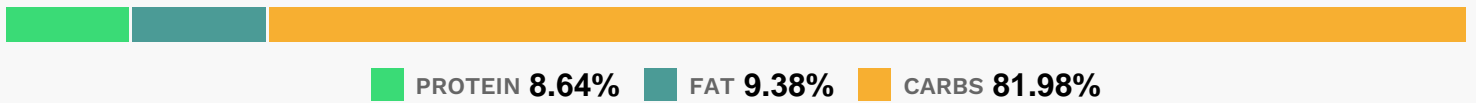
Equipment

- sauce pan
- whisk

Directions

- Whisk soy milk, turbinado sugar, molasses, vanilla extract, cinnamon, ginger, allspice, and nutmeg together in a saucepan over medium-low heat until well incorporated, 2 to 3 minutes.
- Whisk in flour until smooth, 3 to 5 minutes.
- Fold raisins and walnuts into soy milk mixture; add carrots. Cook and stir pudding over low heat, keeping just below a boil, until carrots are softened, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:87.01, Glycemic Load:10.68, Inflammation Score:-10, Nutrition Score:12.52739131969%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 138.33kcal (6.92%), Fat: 1.47g (2.27%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 25.86g (9.4%), Sugar: 12.6g (14%), Cholesterol: 0mg (0%), Sodium: 78.52mg (3.41%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 3.05g (6.11%), Vitamin A: 10925.22IU (218.5%), Vitamin B3: 2.98mg (14.88%), Manganese: 0.29mg (14.27%), Vitamin B6: 0.27mg (13.48%), Vitamin E: 1.92mg (12.78%), Fiber: 3.14g (12.57%), Potassium: 437.49mg (12.5%), Calcium: 117.47mg (11.75%), Vitamin B2: 0.2mg (11.56%), Vitamin B12: 0.64µg (10.62%), Vitamin C: 8.74mg (10.59%), Folate: 38.39µg (9.6%), Vitamin B1: 0.12mg (8.23%), Vitamin K: 8.54µg (8.13%), Copper: 0.16mg (8%), Iron: 1.17mg (6.51%), Magnesium: 19.42mg (4.86%), Selenium: 3.31µg (4.73%), Vitamin D: 0.71µg (4.72%), Phosphorus: 37.09mg (3.71%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.22mg (2.2%)