



Vegan Triple Chocolate Pudding



Gluten Free



Dairy Free



Popular

READY IN



12 min.

SERVINGS



2

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cocoa powder
- ☐ 2 tablespoons cornstarch
- ☐ 2 cups dairy free chocolate coconut milk beverage so delicious®
- ☐ 0.3 cup dairy-free chocolate chips dark
- ☐ 3 tablespoons natural cane sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

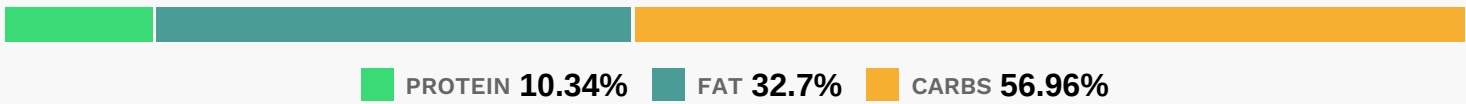
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the sugar, cornstarch, and salt until well combined. Set aside.In a small saucepan over medium heat, combine the coconut milk beverage, cocoa powder and chocolate chips, and cook (while whisking) until the chips have melted into the milk beverage.Once the chips have melted, pour in the dry ingredients and continue whisking until the pudding begins to boil.Turn the heat down to low, and stir until the pudding thickens and coats the back of a spoon.
- ☐ Remove from the heat, stir in the vanilla, and pour the pudding into individual serving cups.
- ☐ Serve warm or chilled. The pudding will thicken as it cools.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:16.779999893807%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 320.87kcal (16.04%), Fat: 12.59g (19.38%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 49.36g (16.45%), Net Carbohydrates: 45.91g (16.69%), Sugar: 35.44g (39.38%), Cholesterol: 0mg (0%), Sodium: 264.68mg (11.51%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 5.75mg (1.92%), Protein: 8.96g (17.92%), Vitamin B12: 2.55µg (42.48%), Vitamin E: 5.95mg (39.66%), Vitamin B3: 7.83mg (39.14%), Calcium: 363.21mg (36.32%), Vitamin B2: 0.48mg (28.04%), Vitamin B6: 0.55mg (27.65%), Vitamin C: 16.99mg (20.6%), Copper: 0.39mg (19.49%), Folate: 76.32µg (19.08%), Vitamin D: 2.83µg (18.88%), Vitamin A: 927.48IU (18.55%), Iron: 3.16mg (17.58%), Fiber: 3.45g (13.8%), Potassium: 378.7mg (10.82%), Vitamin B1: 0.15mg (9.89%), Selenium: 6.01µg (8.59%), Manganese: 0.1mg (5.14%), Zinc: 0.74mg (4.95%), Magnesium: 12.84mg (3.21%), Phosphorus: 19.45mg (1.94%)