



You Won't Believe It's Not Dairy Chocolate Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

81 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup confectioners' sugar
- ☐ 3 tablespoons powdered non-dairy creamer
- ☐ 16 ounce silken tofu
- ☐ 1 tablespoon vanilla extract

Equipment

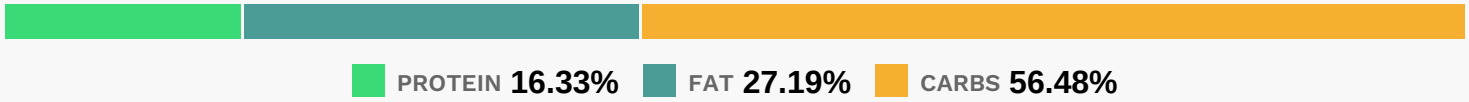
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ Place tofu, cocoa powder, sugar, vanilla extract, and non-dairy creamer in a blender or food processor. Blend until smooth, adjusting sugar and cocoa powder to your taste.
- ☐ Transfer pudding to a bowl and cover and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.8826086986%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 80.75kcal (4.04%), Fat: 2.58g (3.96%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.66g (3.88%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 7.6mg (0.33%), Alcohol: 0.56g (100%), Alcohol %: 0.95% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.48g (6.96%), Copper: 0.25mg (12.74%), Magnesium: 34.52mg (8.63%), Manganese: 0.14mg (7.08%), Phosphorus: 65.1mg (6.51%), Fiber: 1.38g (5.53%), Iron: 0.97mg (5.4%), Potassium: 169.67mg (4.85%), Vitamin B1: 0.06mg (3.98%), Zinc: 0.54mg (3.62%), Calcium: 22.92mg (2.29%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.26mg (1.28%)