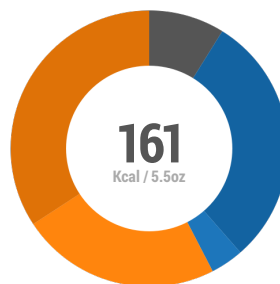


Mango Chia Pudding

By Ashlyn Housewright

Overview ...

U / 5487109



CALORIES:

33.6% Carbs

8.8% Protein

57.6% Fat

Food Labelling...

US Label values per 5.5oz

Serves **2**

	PER 5.5OZ	%DV	PER 12.5OZ SERVING	%DV
Calories	160 kcal	8%	360 kcal	18%
Total Fat	10 g	13%	23 g	29%
<i>Saturated Fat</i>	6 g	30%	14 g	70%
<i>Trans Fats</i>	0 g	-	0 g	-
Cholesterol	0 mg	0%	0 mg	0%
Sodium	20 mg	1%	45 mg	2%
Total Carbohydrate	19 g	7%	43 g	16%
<i>Dietary Fiber</i>	5 g	18%	12 g	43%
Total Sugars	12 g	-	27 g	-
Added Sugars	1 g	2%	2 g	4%
Protein	4 g	8%	8 g	16%
Vitamin D	0 ug	0%	0 ug	0%
Calcium	70 mg	6%	170 mg	15%
Iron	1.1 mg	6%	2.5 mg	15%
Potassium	130 mg	2%	290 mg	6%

Nutrient Breakdown per 5.5oz...

Energy	Lipid Components	Vitamins
Energy(kcal) 8% RI	Saturated Fat 31% RI	6.1g Vitamin A (ret eq) 4% RI
Energy(Kj) 8% RI	Monounsaturated fat	0.14g Retinol
	<i>cis-Mono</i>	- Carotene
	Polyunsaturated fat	- Vitamin D
	<i>Omega3(n-3)</i>	- Vitamin E 4% RI
	<i>Omega6(n-6)</i>	- Vitamin K 1 3% RI
	<i>cis-Poly</i>	- Thiamin (B ₁) 2% RI
	Trans-fatty acids	0g
Macronutrients		
Carbohydrate 5% RI		39.4ug
Protein 7% RI		0ug
Fat 13% RI		-
Water		0ug
		0.67mg
		3.4ug
		0.02mg

Water from Drinks	0g	Cholesterol	0mg	Riboflavin (B ₂) 2% RI	0.03mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃)	-
Carbohydrate		Sodium 1% RI	18.9mg	Niacin 3% RI	0.5mg
Starch	1.5g	Potassium 3% RI	129mg	Tryptophan	10.5mg
Oligosaccharide	-	Chloride 1% RI	26.7mg	Pantothenic Acid (B ₅) 3% RI	0.15mg
Fiber 19% RI	5.3g	Calcium 6% RI	74mg	Vitamin B ₆ 6% RI	0.09mg
NSP	3.1g	Phosphorus 1% RI	12.9mg	Folates (B ₉) Total 8% RI	31.8ug
Sugars	11.9g	Magnesium 2% RI	8.5mg	Vitamin B ₁₂	0ug
Glucose	1.6g	Iron 6% RI	1.1mg	Biotin (B ₇)	-
Galactose	0g	Zinc 1% RI	0.09mg	Vitamin C 31% RI	28.3mg
Fructose	4.2g	Copper 10% RI	0.09mg	Other	
Sucrose	4.8g	Manganese 4% RI	0.08mg	GI (estimated)	37
Maltose	0g	Selenium 1% RI	0.71ug	GL	5
Lactose	0g	Iodine	-	Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
LIGHT COCONUT MILK - US-B	10.8floz	1.33 cup	0.00
CHIA SEEDS - US-B	1.6oz	6 Tbsp	0.00
Mangos, raw - US15	11.6oz	2 cup pieces	0.00
Sweetener, syrup, agave - US15	0.2434oz	1 tsp	0.00
Nuts, coconut meat, dried (desiccated), not sweetened - US15	0.2116oz	2 teaspoon	0.00
TOTAL COST:			0.00

Products / Pack Sizes ...

2 Serving

Product code

Barcode

12.5oz / 354kcal

Serving per pack

Net pack weight

0.00 ↗

Sale price + 0%

Ingredient List (QUID) ...

Mangoes, LIGHT COCONUT Milk [WATER, COCONUT], CHIA SEEDS [ORGANIC, RAW CHIA SEEDS], Agave Syrup, Desiccated COCONUT (SULPHITES)

Cooking Instructions & Notes

- Stir together coconut milk, chia seeds and agavae syrup. Let sit for 5 minutes then stir the mixture again to get out any clumps that formed. Place mixture in the fridge to set, at least 30 minutes but up to 12 hours.
- While chia pudding is setting, peel mango and remove flesh. Place mango flesh in a high powdered blender and blend until smooth.
- Once chia pudding has set, grab two jars and spoon chia pudding into each. Top with a layer of mango puree and then continue to layer. I did two layers and ended with the chia pudding. Sprinkle a few pieces of toasted coconut on top and enjoy.
- Refrigerate any leftovers. Mango chia pudding should keep for at least 3-4 days.
- Note This recipe serves two 5.5 oz portions.

