Recipe: Lemon Nut and Chia Pudding

Lemon Nut and Chia Pudding
Number of Servings: 4 (99.55 g per serving)
Weight: 398.20 g

Recipe

Item Name	Quantity	Measure
Oil, walnut, refined	1	Tablespoon
Sugar, brown, packed	1	Tablespoon
Syrup, maple	2	Tablespoon
Lemon, med, fresh	1	Each
Almond Milk, original	1	Cup
Seeds, chia, dried	1/4	Cup

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	--
Gram Weight (g)	99.55	Vitamin C (mg)	6.00
Calories (kcal)	143.57	Vitamin D - IU (IU)	25.00
Calories from Fat (kcal)	67.22	Vitamin D - mcg (mcg)	0.62
Calories from SatFat (kcal)	7.78	Vitamin E - Alpha-Toco (mg)	2.52
Protein (g)	2.03	Folate (mcg)	0.03
Carbohydrates (g)	18.32	Folate, DFE (mcg)	0.03
Dietary Fiber (g)	4.78	Vitamin K (mcg)	0
Soluble Fiber (g)	0	Pantothenic Acid (mg)	0.01
Total Sugars (g)	11.30	Minerals	
Monosaccharides (g)	0.08	Calcium (mg)	136.18
Disaccharides (g)	3.26	Chromium (mcg)	0.25
Other Carbs (g)	1.54	Copper (mg)	0.03
Fat (g)	7.64	Fluoride (mg)	--
Saturated Fat (g)	0.86	Iodine (mcg)	--
Mono Fat (g)	1.00	Iron (mg)	0.23
Poly Fat (g)	4.91	Magnesium (mg)	5.71
Trans Fatty Acid (g)	0	Manganese (mg)	0.58
Cholesterol (mg)	0	Molybdenum (mcg)	--

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Water (g)	17.02	Phosphorus (mg)	132.94
Vitamins		Potassium (mg)	88.15
Vitamin A - IU (IU)	125.00	Selenium (mcg)	0.10
Vitamin A - RAE (RAE)	0	Sodium (mg)	42.77
Carotenoid RE (RE)	0	Zinc (mg)	0.81
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	0	Omega 3 Fatty Acid (g)	1.99
Vitamin B1 (mg)	0.00	Omega 6 Fatty Acid (g)	0.67
Vitamin B2 (mg)	0.00	Other Nutrients	
Vitamin B3 (mg)	0.01	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	1.21	Caffeine (mg)	0
Vitamin B6 (mg)	0.00	Choline (mg)	0.24
Vitamin B12 (mcg)	0		

Yields and Measures

Lemon Nut and Chia Pudding

Total Yield: 100%

Cooked Yield: 100%

% Refuse: 0%

Measures:

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
10 minutes				

Preparation Method Instructions

In serving bowl, blend all ingredients except chia seeds. Add seeds and mix. Refrigerate 20 minutes. Enjoy!

To dress this up, add ground walnuts or almonds and lemon zest as topping.

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Multi-Column

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Basic Components			Biotin (mcg)	--	--
Gram Weight (g)	99.55	100.00	Vitamin C (mg)	6.00	6.03
Calories (kcal)	143.57	144.22	Vitamin D - IU (IU)	25.00	25.11
Calories from Fat (kcal)	67.22	67.52	Vitamin D - mcg (mcg)	0.62	0.63
Calories from SatFat (kcal)	7.78	7.81	Vitamin E - Alpha-Toco (mg)	2.52	2.53
Protein (g)	2.03	2.04	Folate (mcg)	0.03	0.03
Carbohydrates (g)	18.32	18.40	Folate, DFE (mcg)	0.03	0.03
Dietary Fiber (g)	4.78	4.80	Vitamin K (mcg)	0	0
Soluble Fiber (g)	0	0	Pantothenic Acid (mg)	0.01	0.01
Total Sugars (g)	11.30	11.35	Minerals		
Monosaccharides (g)	0.08	0.09	Calcium (mg)	136.18	136.80
Disaccharides (g)	3.26	3.28	Chromium (mcg)	0.25	0.25
Other Carbs (g)	1.54	1.55	Copper (mg)	0.03	0.03
Fat (g)	7.64	7.67	Fluoride (mg)	--	--
Saturated Fat (g)	0.86	0.87	Iodine (mcg)	--	--
Mono Fat (g)	1.00	1.00	Iron (mg)	0.23	0.24
Poly Fat (g)	4.91	4.93	Magnesium (mg)	5.71	5.74
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.58	0.58
Cholesterol (mg)	0	0	Molybdenum (mcg)	--	--
Water (g)	17.02	17.10	Phosphorus (mg)	132.94	133.54
Vitamins			Potassium (mg)	88.15	88.55
Vitamin A - IU (IU)	125.00	125.57	Selenium (mcg)	0.10	0.10
Vitamin A - RAE (RAE)	0	0	Sodium (mg)	42.77	42.97
Carotenoid RE (RE)	0	0	Zinc (mg)	0.81	0.82
Retinol RE (RE)	0	0	Other Fats		
Beta-Carotene (mcg)	0	0	Omega 3 Fatty Acid (g)	1.99	2.00
Vitamin B1 (mg)	0.00	0.00	Omega 6 Fatty Acid (g)	0.67	0.67
Vitamin B2 (mg)	0.00	0.00	Other Nutrients		
Vitamin B3 (mg)	0.01	0.01	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	1.21	1.22	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.00	0.00	Choline (mg)	0.24	0.24
Vitamin B12 (mcg)	0	0			