

# Chocolate Turmeric Chia Pudding

Servings 1.0

Amount Per Serving

calories 116

% Daily Value \*

Total Fat 5 g8 %

Saturated Fat 0 g2 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

Cholesterol 0 mg0 %

Sodium 58 mg2 %

Potassium 109 mg3 %

Total Carbohydrate 16 g5 %

Dietary Fiber 6 g22 %

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**Sugars 7 g**

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**Protein 4 g** **7 %**

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Vitamin A **0 %**

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Vitamin C **0 %**

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Calcium **28 %**

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Iron **8 %**

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\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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