

Matcha Maca Chia Pudding

Servings 1.0

Amount Per Serving

calories 136

% Daily Value *

Total Fat 5 g	8 %
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Saturated Fat 0 g	2 %
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Monounsaturated Fat 1 g	
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Polyunsaturated Fat 3 g	
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Trans Fat 0 g	
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Cholesterol 0 mg	0 %
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Sodium 50 mg	2 %
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Potassium 76 mg	2 %
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Total Carbohydrate 15 g	5 %
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Dietary Fiber 6 g	24 %
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Sugars 11 g	
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Protein 3 g	7 %
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Vitamin A	7 %
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Vitamin C	17 %
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Calcium	104 %
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Iron	4 %
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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.
