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Mango Chia Pudding ♦

Mango Chia Pudding is a delicious and healthy vegan dessert. It is made with ripe mangoes and chia seeds, which are packed with nutrients and provide a creamy and satisfying texture. This pudding can be enjoyed as a breakfast, snack, or dessert. It is a great source of fiber, antioxidants, and omega-3 fatty acids.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 3

Serving Size: 100 g

Ingredients

300 g	ripe mangoes
30 g	Chia Seeds
400 ml	coconut milk
2 tbsp	maple syrup
1 tsp	vanilla extract

Directions

Step 1

Cut

Peel and chop the ripe mangoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, blend the chopped mangoes, coconut milk, maple syrup, and vanilla extract until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stirring

Transfer the mango mixture to a bowl and stir in the chia seeds.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

Cover the bowl and refrigerate for at least 4 hours or overnight to allow the chia seeds to absorb the liquid and thicken the pudding.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve the mango chia pudding chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 170 kcal

Fat: 11 g

Protein: 4 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	6 g	15.79%	24%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	11 g	39.29%	44%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1260 iu	140%	180%
Vitamin C	45 mg	50%	60%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	120 mg	12%	12%
Iron	2 mg	25%	11.11%
Potassium	280 mg	8.24%	10.77%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Desserts Salads Soups Snacks Sauces & Dressings

Demographics

Teen Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet
Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet
Engine 2 Diet Blood Type Diet Ayurvedic Diet
Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet
Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet
The Fast Metabolism Diet Nutrient Timing Diet The Gerson Therapy

The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet
The Hallelujah Diet The Mayo Clinic Diet The Beverly Hills Diet
The Hollywood Diet The Lemonade Diet The Grapefruit Diet The Rice Diet
The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet
The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet
The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet
The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet
The Master Cleanse Diet The Subway Diet The SlimFast Diet
The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet
The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet
The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet
The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet
The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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