



Addictive Chocolate Tapioca Pudding



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 1 Tablespoon arrowroot powder
- ☐ 3 Tablespoons .3 oz. of pearl tapioca instant
- ☐ 2 cups rice milk (or non-dairy milk)
- ☐ 1 pinch salt
- ☐ 0.3 cup dairy-free semi-sweet chocolate chips (such as Enjoy Life brand)
- ☐ 0.3 cup sugar
- ☐ 1 Teaspoon vanilla extract

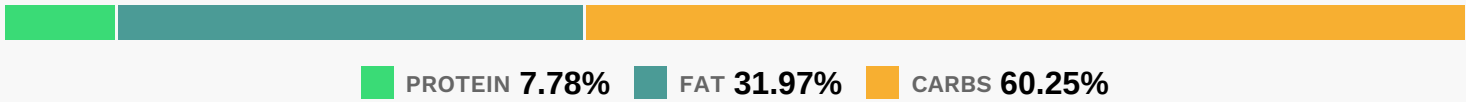
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk the tapioca, cornstarch, salt, sugar and milk together in a saucepan.
- ☐ Let sit for 10 minutes.Toss in the chocolate.Over medium heat, whisking gently bring to a boil.
- ☐ Remove from heat and pour into a bowl.Cool slightly before stirring in the vanilla.Great eaten warm or chilled.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:11.37, Inflammation Score:-5, Nutrition Score:9.6982608761476%

Nutrients (% of daily need)

Calories: 226.9kcal (11.35%), Fat: 7.98g (12.27%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 32.13g (11.68%), Sugar: 20.94g (23.27%), Cholesterol: 0.88mg (0.29%), Sodium: 70.4mg (3.06%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 12.54mg (4.18%), Protein: 4.37g (8.74%), Vitamin B12: 1.3µg (21.68%), Vitamin E: 3.06mg (20.4%), Vitamin B3: 4.01mg (20.06%), Calcium: 175.28mg (17.53%), Copper: 0.33mg (16.48%), Vitamin B2: 0.25mg (14.43%), Vitamin B6: 0.28mg (14.01%), Vitamin C: 8.5mg (10.3%), Manganese: 0.21mg (10.27%), Folate: 37.9µg (9.47%), Vitamin D: 1.42µg (9.44%), Vitamin A: 471.03IU (9.42%), Iron: 1.51mg (8.41%), Potassium: 251.02mg (7.17%), Fiber: 1.71g (6.83%), Magnesium: 25.85mg (6.46%), Selenium: 4.01µg (5.73%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.67mg (4.49%), Phosphorus: 38.08mg (3.81%)