



## Chinese Coconut Pudding

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



132 kcal

DESSERT

### Ingredients

- 1 teaspoon coconut extract
- 2 egg whites
- 5 ounce evaporated milk canned
- 2 tablespoons gelatin powder unflavored
- 1.4 cups water boiling
- 1 cup sugar white

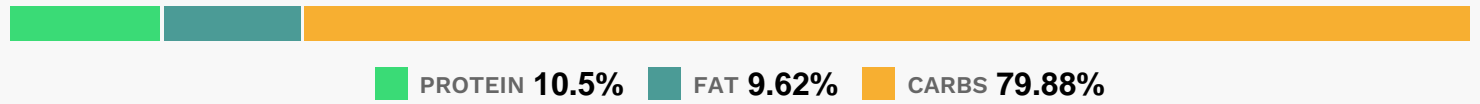
### Equipment

- bowl

## Directions

- Lightly grease a 1-quart mold.
- In a large bowl, dissolve gelatin in boiling water. Stir in evaporated milk, sugar and coconut extract. Allow to cool to room temperature.
- Meanwhile, whip egg whites until fluffy. When gelatin mixture has cooled to room temperature, place gelatin bowl in an ice bath. When mixture begins to set, fold egg whites into it.
- Spread in prepared mold and refrigerate until set.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:1.3704347811315%

## Nutrients (% of daily need)

Calories: 131.71kcal (6.59%), Fat: 1.43g (2.21%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 26.81g (9.75%), Sugar: 26.86g (29.84%), Cholesterol: 5.14mg (1.71%), Sodium: 37mg (1.61%), Alcohol: 0.21g (100%), Alcohol %: 0.29% (100%), Protein: 3.52g (7.04%), Vitamin B2: 0.1mg (5.78%), Calcium: 49.27mg (4.93%), Selenium: 2.75µg (3.93%), Phosphorus: 37.81mg (3.78%), Copper: 0.05mg (2.55%), Potassium: 67.6mg (1.93%), Magnesium: 5.94mg (1.49%), Vitamin B5: 0.13mg (1.3%)