



## Chinky's Bibingka

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



685 kcal

SIDE DISH

## Ingredients

- 3 tablespoons butter melted
- 4 cups cassava fresh grated
- 2 cups coconut milk
- 2 egg yolks beaten
- 3 eggs
- 2 tablespoons flour all-purpose
- 1 teaspoon lemon zest
- 1 teaspoon salt

- 0.5 cup mozzarella cheese shredded
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

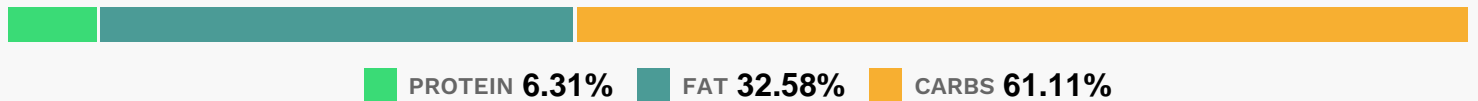
## Equipment

- sauce pan
- oven
- loaf pan

## Directions

- NOTE: Cassava, also known as Manioc, tapioca or yucca, can be found in Filipino or Latin American food stores. Usually sold frozen and grated.
- Mix together the cassava with the coconut milk, melted butter and eggs. Stir in the white sugar, salt, vanilla, cheese and lemon rind.
- Pour batter into a 9x5 inch loaf pan and bake at 350 degrees F (175 C) for 30–35 minutes or until done.
- To Make Topping: Put 2 cups coconut milk, condensed milk, flour, and some grated cheese in a saucepan and boil, stirring constantly. When thick, add the slightly beaten egg yolks. Cook for two minutes.
- Spread on top of the cooked cassava and bake at 400 degrees F (200 degrees C) for ten minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:55.17, Glycemic Load:68.14, Inflammation Score:-5, Nutrition Score:14.643913061722%

## Nutrients (% of daily need)

Calories: 684.84kcal (34.24%), Fat: 25.38g (39.05%), Saturated Fat: 18.06g (112.85%), Carbohydrates: 107.1g (35.7%), Net Carbohydrates: 105.17g (38.24%), Sugar: 66.4g (73.78%), Cholesterol: 143.67mg (47.89%), Sodium:

479.17mg (20.83%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.06g (22.11%), Manganese: 0.86mg (42.89%), Phosphorus: 285.91mg (28.59%), Vitamin C: 23.4mg (28.36%), Selenium: 17.75µg (25.36%), Vitamin B2: 0.39mg (23.16%), Calcium: 220.43mg (22.04%), Potassium: 625.7mg (17.88%), Magnesium: 64.75mg (16.19%), Iron: 2.79mg (15.51%), Folate: 59.61µg (14.9%), Copper: 0.26mg (12.93%), Vitamin B1: 0.18mg (11.9%), Zinc: 1.68mg (11.18%), Vitamin B12: 0.62µg (10.36%), Vitamin B5: 0.98mg (9.81%), Vitamin A: 478.49IU (9.57%), Vitamin B6: 0.18mg (8.98%), Fiber: 1.93g (7.72%), Vitamin B3: 1.48mg (7.4%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.7µg (4.67%), Vitamin K: 2.87µg (2.73%)