



Chocolate MINUTEÂ® Tapioca Pudding

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



231 kcal

DESSERT

Ingredients

- 1 eggs
- 3 cups milk
- 3 Tbsp minute tapioca
- 3 oz baker's semi-sweet chocolate
- 0.3 cup sugar
- 1 tsp vanilla

Equipment

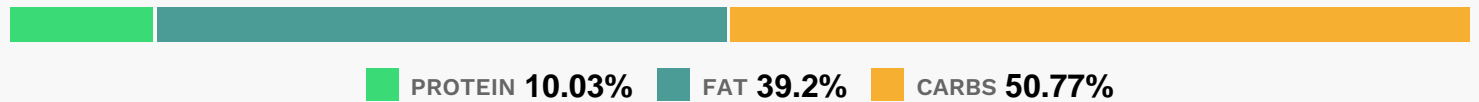
- sauce pan

whisk

Directions

- Beat egg, milk, sugar and tapioca with wire whisk in medium saucepan until well blended; let stand 5 min.
- Add chocolate.
- Bring to full rolling boil on medium heat, stirring constantly.
- Remove from heat. Stir in vanilla.
- Cool 20 min. (Pudding thickens as it cools.) Stir.
- Serve warm or chilled. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:9.92, Inflammation Score:-3, Nutrition Score:6.7982607717099%

Nutrients (% of daily need)

Calories: 230.55kcal (11.53%), Fat: 10.07g (15.49%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 28.2g (10.26%), Sugar: 22.28g (24.75%), Cholesterol: 42.77mg (14.26%), Sodium: 58.36mg (2.54%), Alcohol: 0.24g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.79g (11.59%), Phosphorus: 174.64mg (17.46%), Calcium: 163.14mg (16.31%), Vitamin B12: 0.75µg (12.49%), Vitamin B2: 0.21mg (12.45%), Magnesium: 40.55mg (10.14%), Vitamin D: 1.49µg (9.92%), Manganese: 0.2mg (9.84%), Copper: 0.18mg (9.23%), Selenium: 5.83µg (8.32%), Potassium: 274.75mg (7.85%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.61mg (6.1%), Iron: 1.03mg (5.73%), Vitamin B1: 0.08mg (5.06%), Vitamin A: 244.33IU (4.89%), Vitamin B6: 0.09mg (4.59%), Fiber: 1.13g (4.54%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.41µg (1.34%), Vitamin B3: 0.26mg (1.28%)