



Coconut and Palm Sugar Syrup with Tapioca, Tropical Fruit, and Shaved Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



810 kcal

SIDE DISH

Ingredients

- ☐ 4 servings garnish: coconut shavings fresh toasted
- ☐ 2 cups ice cubes shaved
- ☐ 2 firm-ripe mangoes pitted peeled cut into 1/4-inch pieces
- ☐ 4 oz coconut sugar dark grated crumbled
- ☐ 1 lb firm-ripe papaya red peeled seeded cut into 1/4-inch pieces (preferably)
- ☐ 0.5 pineapple cored peeled cut into 1/4-inch pieces
- ☐ 0.7 cup pearl tapioca () (not quick-cooking)

- ☐ 26 oz coconut milk unsweetened canned (do not shake)
- ☐ 8.3 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Bring 8 cups water to a boil in a 2-quart saucepan and add tapioca, stirring constantly. Gently boil, stirring occasionally, until tapioca is almost completely translucent, 40 minutes to 1 1/2 hours, depending on size of tapioca.
- ☐ Remove from heat and let tapioca stand, covered, until completely translucent, 45 minutes to 1 1/2 hours, depending on size.
- ☐ While tapioca is standing, bring sugar, a pinch of salt, and remaining 1/4 cup water to a simmer in a small heavy saucepan, stirring until sugar is dissolved. Simmer syrup until slightly thickened, about 5 minutes.
- ☐ Scoop out 3/4 cup (total) of thick layer of coconut cream from tops of cans (reserving remainder for another use) and whisk into syrup until combined well. Chill syrup until cold, about 1 hour.
- ☐ Add 3 cups cold water to translucent tapioca, then drain in a sieve.
- ☐ Transfer tapioca to a large bowl filled halfway with cold water, swirl, and then drain in sieve. (This removes excess starch.)
- ☐ Spoon 3 tablespoons syrup into each of 4 glasses (there will be some left over), then divide fruit and tapioca among them. Top with shaved ice.
- ☐ *Available at Asian markets and Uwajimaya (800-889-1928).
- ☐ Small pearl tapioca may be substituted for large, but the cooking time must be reduced to about 5 minutes boiling time and 15 minutes standing time. For this recipe, we prefer one of the following brands of coconut milk because the thin liquid and the creamlike layer are distinctly separated: A Taste of Thai, Mount Tai, Thai Kitchen, or Ka-Me. Syrup can be made 3 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:77.71, Glycemic Load:51.66, Inflammation Score:-9, Nutrition Score:26.134347749793%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 809.76kcal (40.49%), Fat: 48.04g (73.9%), Saturated Fat: 42.05g (262.81%), Carbohydrates: 101.45g (33.82%), Net Carbohydrates: 91.1g (33.13%), Sugar: 60.31g (67.01%), Cholesterol: 0mg (0%), Sodium: 127.01mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Vitamin C: 166.3mg (201.57%), Manganese: 3.03mg (151.25%), Copper: 0.93mg (46.3%), Vitamin A: 2262.76IU (45.26%), Fiber: 10.35g (41.4%), Folate: 139.92µg (34.98%), Magnesium: 125.44mg (31.36%), Potassium: 1026.59mg (29.33%), Iron: 4.44mg (24.68%), Phosphorus: 232.23mg (23.22%), Selenium: 14.05µg (20.07%), Vitamin B6: 0.36mg (18.06%), Vitamin B3: 3.12mg (15.59%), Vitamin B1: 0.2mg (13.33%), Zinc: 1.76mg (11.7%), Vitamin E: 1.59mg (10.63%), Vitamin B5: 1.06mg (10.63%), Calcium: 102.91mg (10.29%), Vitamin K: 8.29µg (7.9%), Vitamin B2: 0.11mg (6.36%)