



Coconut Tapioca Custard With Glazed Apricots

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 10 apricots cut into 4 wedges
- ☐ 0.1 teaspoon coconut extract
- ☐ 2 large eggs lightly beaten
- ☐ 28 ounce coconut milk light canned
- ☐ 0.7 cup quick-cooking tapioca uncooked
- ☐ 2 tablespoons rum white

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 2.3 cups milk whole

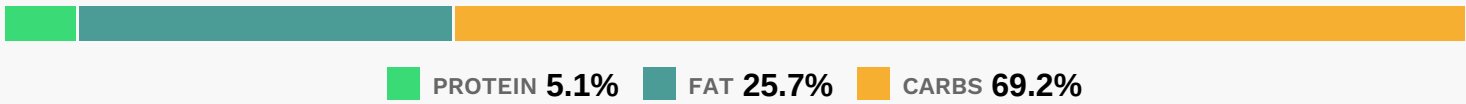
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare custard, combine first 6 ingredients in a medium saucepan, stirring with a whisk.
- ☐ Let stand 5 minutes. Bring to a boil over medium heat, stirring constantly. Cook for 30 seconds, stirring constantly.
- ☐ Remove from heat. Stir in 2 tablespoons rum and extracts, and pour the mixture into a large bowl. Cover and chill 2 hours.
- ☐ To prepare the apricots, combine the preserves and remaining ingredients in a medium skillet; bring to a boil. Reduce heat, and simmer for 5 minutes or until the apricots are soft, stirring occasionally.
- ☐ Serve over custard.

Nutrition Facts



Properties

Glycemic Index:16.48, Glycemic Load:16.26, Inflammation Score:-5, Nutrition Score:4.6734782353691%

Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 295.68kcal (14.78%), Fat: 8.23g (12.66%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 49.11g (17.86%), Sugar: 33.63g (37.37%), Cholesterol: 43.79mg (14.6%), Sodium: 399.69mg (17.38%), Alcohol: 1.16g (100%), Alcohol %: 0.63% (100%), Protein: 3.68g (7.35%), Vitamin A: 853.41IU (17.07%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 83.98mg (8.4%), Calcium: 81.7mg (8.17%), Selenium: 4.62µg (6.61%), Vitamin B12: 0.39µg (6.42%), Vitamin C: 5.06mg (6.14%), Potassium: 201.67mg (5.76%), Vitamin D: 0.8µg (5.36%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.07mg (3.65%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.03%), Magnesium: 12.08mg (3.02%), Fiber: 0.75g (3.01%), Zinc: 0.44mg (2.93%), Copper: 0.06mg (2.78%), Iron: 0.41mg (2.29%), Manganese: 0.04mg (2.11%), Folate: 8.03µg (2.01%), Vitamin B3: 0.28mg (1.42%), Vitamin K: 1.35µg (1.29%)