



## Coconut Tapioca Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

DESSERT

### Ingredients

- 1.3 cups coconut milk canned
- 2 tablespoons cornstarch
- 1 cup quick-cooking tapioca ()
- 1 teaspoon salt (see notes)
- 8 servings strawberries sliced
- 1 cup sugar

### Equipment

- bowl

frying pan

ramekin

## Directions

In a 3- to 4-quart nonstick pan over high heat, bring 4 cups (3 3/4 cups if using quick-cooking tapioca) water to a boil. Gradually stir in tapioca; reduce heat and simmer, stirring often, until transparent, 15 to 30 minutes for pearl (5 to 8 minutes for quick-cooking).

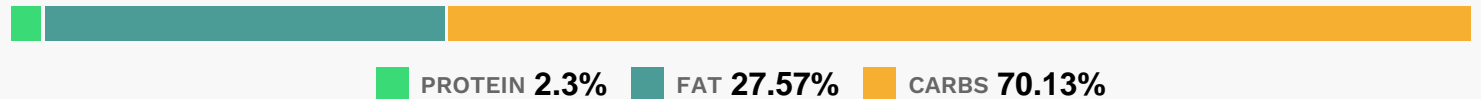
Mixture will be very thick.

Add 3/4 cup sugar, 1/3 cup coconut milk, and 1/2 teaspoon salt. Stir occasionally until sugar is dissolved, 2 to 3 minutes. Stir in corn, if using. Spoon into eight small bowls or ramekins (1/2 to 3/4 cup each).

In a 1- to 2-quart pan, mix remaining 1/4 cup sugar and the cornstarch.

Add remaining 1 cup coconut milk, 1/2 cup water, and remaining 1/2 teaspoon salt. Stir over high heat until mixture is boiling, 3 to 4 minutes. Spoon equally over puddings and spread to cover tops. Chill until cool, about 30 minutes, then cover and chill until cold, about 2 hours. Just before serving, garnish with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:13.76, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:10.703912998023%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

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## **Nutrients (% of daily need)**

Calories: 311.88kcal (15.59%), Fat: 10.03g (15.44%), Saturated Fat: 8.46g (52.89%), Carbohydrates: 57.43g (19.14%),  
Net Carbohydrates: 53.65g (19.51%), Sugar: 33.33g (37.03%), Cholesterol: 0mg (0%), Sodium: 298.55mg (12.98%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 85.79mg (103.99%), Manganese:  
0.93mg (46.25%), Fiber: 3.78g (15.11%), Folate: 40.96µg (10.24%), Potassium: 326.14mg (9.32%), Copper: 0.18mg  
(8.92%), Magnesium: 33.59mg (8.4%), Phosphorus: 74.82mg (7.48%), Iron: 1.27mg (7.06%), Selenium: 3.26µg  
(4.66%), Vitamin B3: 0.86mg (4.3%), Vitamin B6: 0.08mg (4.04%), Vitamin E: 0.48mg (3.18%), Zinc: 0.47mg (3.16%),  
Vitamin K: 3.21µg (3.06%), Vitamin B1: 0.05mg (3%), Calcium: 29.91mg (2.99%), Vitamin B5: 0.25mg (2.53%),  
Vitamin B2: 0.04mg (2.14%)