

# Coconut Tapioca Pudding

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



1329 kcal

DESSERT

## Ingredients

- 28 ounce coconut milk canned
- 1 eggs
- 0.7 cup cooking pearl tapioca quick
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

## Equipment

- bowl

sauce pan

whisk

## Directions

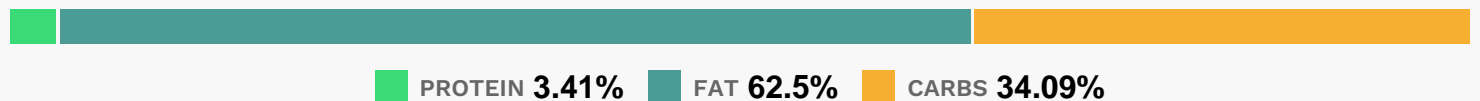
Bring the tapioca, coconut milk, and salt to a boil in a saucepan over medium-high heat, stirring constantly. Reduce heat to medium-low, and simmer for 5 minutes. Stir in the sugar until dissolved.

Beat the egg in a bowl until smooth.

Whisk in about 1/2 cup of the hot tapioca mixture, 1 tablespoon at a time, then scrape the egg mixture into the simmering pudding, and stir. Simmer gently until thickened, 3 to 5 minutes, then remove from the heat and allow to cool for 10 minutes before stirring in the vanilla extract.

Serve either warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:34.91, Inflammation Score:-5, Nutrition Score:22.039565311826%

## Nutrients (% of daily need)

Calories: 1329.05kcal (66.45%), Fat: 96.71g (148.79%), Saturated Fat: 84.43g (527.71%), Carbohydrates: 118.68g (39.56%), Net Carbohydrates: 109.95g (39.98%), Sugar: 63.49g (70.55%), Cholesterol: 81.84mg (27.28%), Sodium: 382.14mg (16.61%), Alcohol: 0.69g (100%), Alcohol %: 0.17% (100%), Protein: 11.86g (23.72%), Manganese: 3.65mg (182.45%), Copper: 1.08mg (53.84%), Selenium: 31.66µg (45.23%), Phosphorus: 440.57mg (44.06%), Iron: 6.92mg (38.47%), Magnesium: 149.74mg (37.43%), Fiber: 8.73g (34.93%), Potassium: 1078.21mg (30.81%), Zinc: 2.95mg (19.67%), Folate: 73.84µg (18.46%), Vitamin B3: 3.04mg (15.21%), Vitamin C: 11.11mg (13.47%), Vitamin B5: 1.06mg (10.64%), Vitamin B6: 0.17mg (8.44%), Calcium: 76.72mg (7.67%), Vitamin B1: 0.11mg (7.48%), Vitamin B2: 0.11mg (6.58%), Vitamin E: 0.83mg (5.51%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 118.8IU (2.38%)