



Coconut Tapioca Pudding



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



474 kcal

DESSERT

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 0.8 cup large-flake coconut unsweetened toasted
- ☐ 0.5 cup kiwi fruit fresh chopped
- ☐ 1 cup soy milk whole
- ☐ 0.3 cup sugar
- ☐ 0.3 cup pearl tapioca
- ☐ 0.5 vanilla pod split

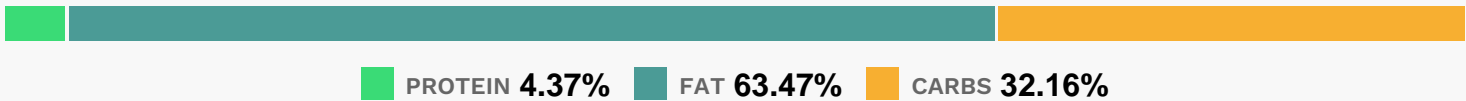
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ In a medium saucepan, cook tapioca in 1 1/2 qts. boiling water until only slightly chewy to the bite, 5 to 8 minutes.
- ☐ Pour through a fine strainer.
- ☐ Meanwhile, in another medium saucepan over medium heat, warm the coconut milk, 1 cup whole milk, the sugar, and vanilla bean, pressing bean gently to loosen seeds, until steaming, 6 to 8 minutes.
- ☐ Stir drained tapioca into vanilla mixture. Cook, stirring often, until tapioca pearls are clear and just tender, 3 to 6 minutes.
- ☐ Let pudding cool, then chill, stirring occasionally, at least 1 1/4 hours.
- ☐ Remove vanilla bean and stir in more milk if pudding seems too thick.
- ☐ Spoon pudding into tall glasses. Top with toasted coconut and fresh fruit.
- ☐ *Find small pearl tapioca in a grocery store's baking aisle or Asian food aisle, or buy it at an Asian market. Get large-flake coconut at a natural-foods store and toast it in a 350 oven until light golden, 3 to 4 minutes.
- ☐ Make ahead: Chill pudding up to 1 day.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:18.45, Inflammation Score:-3, Nutrition Score:11.11260869192%

Nutrients (% of daily need)

Calories: 473.68kcal (23.68%), Fat: 35.17g (54.11%), Saturated Fat: 30.45g (190.29%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 34.81g (12.66%), Sugar: 23.53g (26.15%), Cholesterol: 7.32mg (2.44%), Sodium: 45.16mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Manganese: 1.34mg (66.94%), Fiber: 5.29g (21.16%), Copper: 0.41mg (20.38%), Phosphorus: 194.56mg (19.46%), Magnesium: 58.67mg (14.67%),

Selenium: 10.22µg (14.59%), Iron: 2.4mg (13.31%), Potassium: 457.69mg (13.08%), Calcium: 98.62mg (9.86%), Zinc: 1.25mg (8.36%), Vitamin B2: 0.11mg (6.45%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 1mg (5.02%), Vitamin B1: 0.07mg (4.84%), Vitamin D: 0.67µg (4.47%), Folate: 17.84µg (4.46%), Vitamin C: 3.57mg (4.33%), Vitamin A: 188.29IU (3.77%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.69µg (1.61%)