



Egnog MINUTE Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



147 kcal

DESSERT

Ingredients

- 1 eggs
- 0.1 tsp ground nutmeg
- 3 cups milk
- 3 Tbsp minute tapioca
- 0.5 tsp rum extract
- 0.3 cup sugar

Equipment

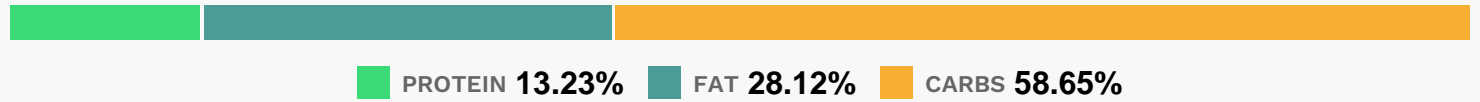
- sauce pan

whisk

Directions

- Whisk egg and milk in medium saucepan until blended. Stir in sugar and tapioca.
- Let stand 5 min.
- Bring to full rolling boil on medium heat, stirring constantly. (Pudding will be thin. It thickens as it cools.)
- Remove from heat.
- Stir in rum extract and nutmeg. Cool 20 min.; stir.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:9.93, Inflammation Score:-2, Nutrition Score:4.6617391099748%

Nutrients (% of daily need)

Calories: 146.7kcal (7.34%), Fat: 4.65g (7.16%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 21.83g (7.94%), Sugar: 17g (18.89%), Cholesterol: 41.92mg (13.97%), Sodium: 56.89mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Calcium: 154.36mg (15.44%), Phosphorus: 137.84mg (13.78%), Vitamin B12: 0.72µg (12.07%), Vitamin B2: 0.2mg (12%), Vitamin D: 1.49µg (9.92%), Selenium: 4.64µg (6.62%), Vitamin B5: 0.57mg (5.67%), Potassium: 193.5mg (5.53%), Vitamin B1: 0.07mg (4.76%), Vitamin A: 237.29IU (4.75%), Vitamin B6: 0.09mg (4.35%), Zinc: 0.6mg (3.98%), Magnesium: 15.6mg (3.9%)