



Espresso Sambuca Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 5 teaspoons espresso powder
- ☐ 3 tablespoons .3 oz. of pearl tapioca instant
- ☐ 4 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.3 cup sugar
- ☐ 2.8 cups milk whole

Equipment

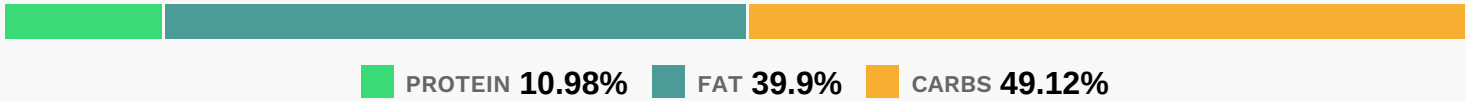
- ☐ sauce pan

☐ wax paper

Directions

- ☐ Stir together milk, sugar, tapioca, espresso powder, and egg in a 2- to 3-quart heavy saucepan and let stand 5 minutes.
- ☐ Heat over moderately low heat, stirring, just until pudding reaches a simmer. Stir in Sambuca and cool pudding, its surface covered directly with wax paper.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:14.61, Inflammation Score:-4, Nutrition Score:7.140869502788%

Nutrients (% of daily need)

Calories: 270.07kcal (13.5%), Fat: 12.17g (18.72%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 33.7g (12.25%), Sugar: 25.83g (28.7%), Cholesterol: 87.18mg (29.06%), Sodium: 87.82mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 7.53g (15.06%), Calcium: 225.76mg (22.58%), Phosphorus: 197.96mg (19.8%), Vitamin B2: 0.29mg (17.22%), Vitamin B12: 1.02µg (16.95%), Vitamin D: 2.1µg (13.97%), Vitamin A: 556.76IU (11.14%), Selenium: 7.28µg (10.4%), Potassium: 313.46mg (8.96%), Vitamin B5: 0.82mg (8.19%), Vitamin B1: 0.1mg (6.6%), Magnesium: 25.72mg (6.43%), Vitamin B6: 0.12mg (6.2%), Zinc: 0.86mg (5.7%), Vitamin B3: 0.54mg (2.69%), Manganese: 0.03mg (1.61%), Iron: 0.28mg (1.57%), Folate: 5.88µg (1.47%), Vitamin E: 0.22mg (1.43%)