



Fluffy Raspberry Tapioca Pudding

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



57 kcal

DESSERT

Ingredients

- 1 eggs
- 2.8 cups milk
- 3 Tbsp minute tapioca
- 2 Tbsp raspberry jam seedless
- 0.3 cup sugar
- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

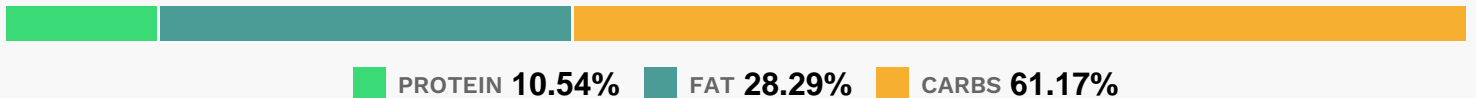
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Beat egg and milk in medium saucepan with wire whisk until well blended. Stir in sugar and tapioca.
- Let stand 5 min.
- Bring to full rolling boil on medium heat, stirring constantly.
- Remove from heat. Stir in vanilla.
- Pour into medium bowl.
- Place plastic wrap directly on surface of pudding.
- Refrigerate 1 hour or until cooled. (Pudding thickens as it cools.) Gently stir in whipped topping.
- Add jam; stir slightly to swirl.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:1.4108695595161%

Nutrients (% of daily need)

Calories: 56.67kcal (2.83%), Fat: 1.79g (2.75%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.83g (7.59%), Cholesterol: 12.28mg (4.09%), Sodium: 19.27mg (0.84%), Alcohol: 0.07g (100%), Alcohol %: 0.2% (100%), Protein: 1.5g (3%), Calcium: 45.62mg (4.56%), Phosphorus: 41.41mg (4.14%), Vitamin B2: 0.06mg (3.65%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.41µg (2.75%), Selenium: 1.46µg (2.09%), Potassium: 59.07mg (1.69%), Vitamin B5: 0.16mg (1.59%), Vitamin B1: 0.02mg (1.38%), Vitamin A: 69.01IU (1.38%), Vitamin B6: 0.03mg (1.27%), Magnesium: 4.66mg (1.16%), Zinc: 0.17mg (1.14%)