



Fresh Pineapple Tapioca

 Gluten Free

READY IN



200 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 Tbsp firmly brown sugar light packed
- 2 Tbsp butter
- 1 cup baker's angel flake coconut toasted
- 0.5 tsp ground nutmeg
- 0.3 cup minute tapioca
- 2.5 cups pineapple-orange-banana juice blend
- 4 cups pineapple chunks fresh
- 0.3 tsp salt

8 oz cool whip whipped topping thawed

Equipment

bowl

sauce pan

Directions

Mix juice and tapioca in medium bowl.

Let stand 5 minutes. Meanwhile, melt butter in large saucepan on medium heat.

Add pineapple, brown sugar, nutmeg and salt; mix well. Cook 5 minutes, stirring frequently.

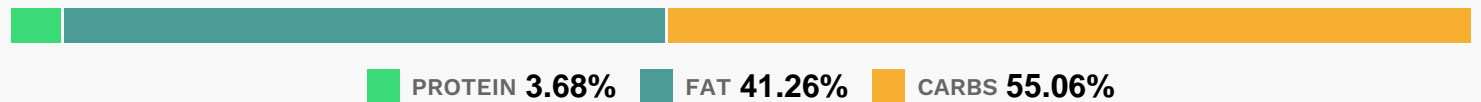
Add tapioca mixture; stir. Bring to a full boil , stirring constantly.

Remove from heat. Cool 20 minutes.

Transfer to serving bowl. Cover and refrigerate several hours or until chilled.

Spread whipped topping over pudding just before serving; sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:3.31, Inflammation Score:-4, Nutrition Score:6.9313043537347%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 230.42kcal (11.52%), Fat: 11.03g (16.97%), Saturated Fat: 8.94g (55.86%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 30.34g (11.03%), Sugar: 25.88g (28.75%), Cholesterol: 6.56mg (2.19%), Sodium: 97.79mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 40.03mg (48.52%), Manganese: 0.25mg (12.31%), Fiber: 2.76g (11.05%), Vitamin B1: 0.16mg (10.83%), Copper: 0.2mg (10.01%), Potassium: 313.08mg (8.95%), Magnesium: 30.62mg (7.66%), Vitamin B6: 0.13mg (6.33%), Folate: 24.96µg (6.24%), Phosphorus: 52.42mg (5.24%), Vitamin A: 259.18IU (5.18%), Calcium: 42.19mg (4.22%), Vitamin B2: 0.07mg (4.02%),

Iron: 0.71mg (3.93%), Selenium: 2.6µg (3.72%), Vitamin B3: 0.59mg (2.97%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.67µg (1.59%)