



Fruit-on-the-Bottom Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



263 kcal

DESSERT

Ingredients

- 1 teaspoon fennel seeds
- 1 cup heavy whipping cream
- 1 quart strawberries trimmed coarsely chopped
- 6 tablespoons sugar divided
- 0.3 cup .3 oz. of pearl tapioca
- 2 cups water

Equipment

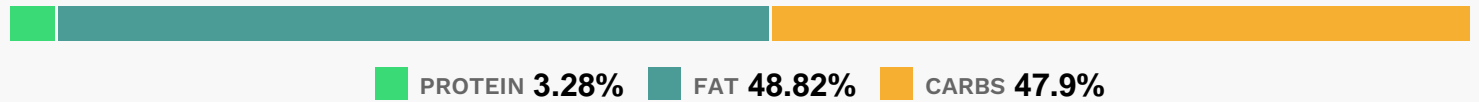
- food processor

- bowl
- sauce pan
- whisk

Directions

- Bring water to a boil in a 1-quart heavy saucepan.
- Whisk in tapioca and simmer, uncovered, whisking occasionally, until tapioca is mostly opaque, about 15 minutes.
- Whisk in cream, 1/4 cup sugar, and 1/8 teaspoon salt and simmer, uncovered, whisking occasionally, until tapioca is cooked through, about 3 minutes.
- Transfer to a metal bowl and cool completely in an ice bath, stirring frequently, 5 to 10 minutes.
- Meanwhile, grind fennel seeds in grinder. Pulse strawberries in a food processor with fennel and remaining 2 tablespoons sugar until coarsely puréed. Divide among (6-ounce) glasses.
- Spoon tapioca over strawberries. Chill until cold, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:17.72, Inflammation Score:-7, Nutrition Score:10.662173955337%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 262.92kcal (13.15%), Fat: 14.88g (22.9%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 32.86g (10.95%),
Net Carbohydrates: 29.49g (10.72%), Sugar: 21.13g (23.48%), Cholesterol: 44.82mg (14.94%), Sodium: 16.73mg
(0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin C: 93.05mg (112.79%),
Manganese: 0.64mg (32.04%), Fiber: 3.36g (13.45%), Vitamin A: 602.48IU (12.05%), Folate: 39.78µg (9.94%),
Potassium: 285.82mg (8.17%), Vitamin B2: 0.11mg (6.63%), Magnesium: 25.44mg (6.36%), Phosphorus: 63.08mg
(6.31%), Calcium: 59.58mg (5.96%), Vitamin E: 0.82mg (5.48%), Copper: 0.1mg (4.94%), Iron: 0.89mg (4.93%),
Vitamin B6: 0.09mg (4.51%), Vitamin K: 4.74µg (4.51%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.65mg (3.27%),
Vitamin B1: 0.05mg (3.17%), Vitamin B5: 0.31mg (3.1%), Selenium: 1.96µg (2.8%), Zinc: 0.35mg (2.32%), Vitamin B12:
0.06µg (1.06%)