



Haupia (Hawaiian Coconut Pudding)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



325 min.

SERVINGS



9

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 5 cups coconut or fresh grated
- ☐ 5 tablespoons cornstarch
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 pinch salt
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups water boiling
- ☐ 5 tablespoons sugar white

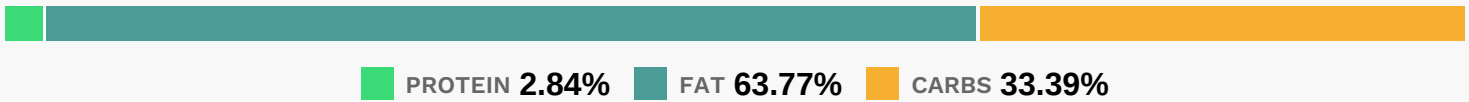
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Stir coconut into boiling water in a large bowl.
- ☐ Let sit for 15 minutes, then strain through cheesecloth, squeezing out all of the liquid to yield 3 cups.
- ☐ Stir together the cornstarch, sugar, nutmeg, and salt. Bring the coconut milk to a simmer in a saucepan over medium-high heat.
- ☐ Whisk in the sugar mixture, and cook until thickened, stirring constantly. When very thick, remove from heat ,and stir in vanilla.
- ☐ Pour into an 8x8-inch pan, and cover with plastic wrap. Refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:4.4521739411613%

Nutrients (% of daily need)

Calories: 202.79kcal (10.14%), Fat: 14.93g (22.97%), Saturated Fat: 13.21g (82.59%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 13.54g (4.92%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 16.38mg (0.71%), Alcohol: 0.31g (100%), Alcohol %: 0.36% (100%), Protein: 1.5g (2.99%), Manganese: 0.67mg (33.65%), Fiber: 4.05g (16.21%), Copper: 0.21mg (10.28%), Selenium: 4.65µg (6.65%), Iron: 1.11mg (6.15%), Phosphorus: 50.97mg (5.1%), Potassium: 160mg (4.57%), Magnesium: 15.09mg (3.77%), Zinc: 0.5mg (3.33%), Folate: 11.6µg (2.9%), Vitamin B1: 0.03mg (1.97%), Vitamin C: 1.47mg (1.78%), Vitamin B5: 0.13mg (1.34%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.22%)