



Maple-Walnut Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



221 kcal

DESSERT

Ingredients

- 1 Tbsp firmly brown sugar packed
- 1 eggs
- 2.5 cups milk
- 3 Tbsp minute tapioca
- 0.5 cup pancake syrup
- 1 tsp vanilla
- 0.3 cup planters walnuts toasted chopped

Equipment

sauce pan

whisk

Directions

Beat egg, milk and syrup in large saucepan with wire whisk until well blended.

Add tapioca and sugar; mix well.

Let stand 5 min.

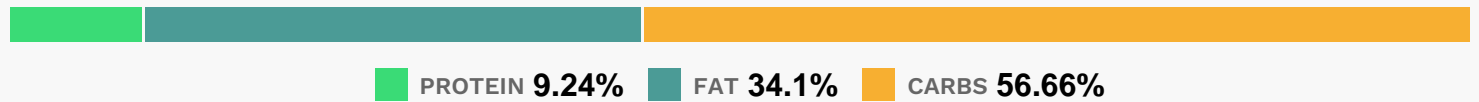
Bring to full rolling boil on medium heat, stirring constantly.

Remove from heat. Stir in walnuts and vanilla.

Cool 20 min. (Pudding thickens as it cools.)

Serve warm or chilled. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:1.9, Inflammation Score:-2, Nutrition Score:5.7269565103495%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 221.31kcal (11.07%), Fat: 8.61g (13.24%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 31.76g (11.55%), Sugar: 7.12g (7.91%), Cholesterol: 40.53mg (13.51%), Sodium: 75.52mg (3.28%), Alcohol: 0.24g (100%), Alcohol %: 0.2% (100%), Protein: 5.25g (10.5%), Phosphorus: 142.44mg (14.24%), Calcium: 137.79mg (13.78%), Manganese: 0.25mg (12.67%), Vitamin B2: 0.19mg (10.98%), Vitamin B12: 0.61µg (10.24%), Vitamin D: 1.26µg (8.43%), Copper: 0.17mg (8.3%), Selenium: 4.71µg (6.73%), Magnesium: 24.14mg (6.03%), Vitamin B1: 0.09mg (5.67%), Potassium: 195.77mg (5.59%), Vitamin B6: 0.11mg (5.52%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.72mg (4.83%), Vitamin A: 221.61IU (4.43%), Folate: 9.84µg (2.46%), Iron: 0.36mg (1.98%), Fiber: 0.44g (1.74%), Vitamin E: 0.17mg (1.16%)