



Meadowwood Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

Ingredients

- 3 egg yolks
- 0.5 teaspoon salt
- 0.5 cup tapioca pearls
- 2 teaspoons vanilla extract
- 0.7 cup sugar white
- 4 cups milk whole

Equipment

- bowl

- whisk
- slow cooker

Directions

- Whisk the milk, sugar, vanilla extract, salt, and tapioca pearls in a slow cooker until the sugar has dissolved. Turn the cooker to high setting, cover with lid, and cook for 2 hours. (If preferred, set on low setting and cook for 4 hours. Stir pudding occasionally during cooking.)
- Place egg yolks into a bowl, and whisk until smooth.
- Mix about 1 tablespoon of the hot pudding into the egg yolks until thoroughly combined; continue gradually mixing hot tapioca pudding into the egg yolks, slowly increasing the amount of pudding mixed in, until the yolks and pudding total about 2 cups. Slowly pour the yolk mixture into the pudding in the slow cooker until blended, whisking constantly until the egg yolks have thickened the pudding, about 5 minutes.
- Place lid back on the cooker, and continue cooking until the pudding is your desired degree of thickness, on high setting for about 30 more minutes (or low setting for 1 more hour).

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:20.28, Inflammation Score:-2, Nutrition Score:5.3343478091385%

Nutrients (% of daily need)

Calories: 195.99kcal (9.8%), Fat: 5.75g (8.84%), Saturated Fat: 2.91g (18.22%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 31.01g (11.28%), Sugar: 22.98g (25.54%), Cholesterol: 87.54mg (29.18%), Sodium: 195.29mg (8.49%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 5.09g (10.19%), Calcium: 161.03mg (16.1%), Phosphorus: 150.27mg (15.03%), Vitamin B12: 0.79µg (13.17%), Vitamin B2: 0.21mg (12.24%), Vitamin D: 1.71µg (11.38%), Selenium: 6.27µg (8.96%), Vitamin B5: 0.67mg (6.7%), Vitamin A: 294.98IU (5.9%), Potassium: 193.25mg (5.52%), Vitamin B1: 0.08mg (5.38%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.67mg (4.47%), Magnesium: 15.2mg (3.8%), Folate: 10.23µg (2.56%), Iron: 0.35mg (1.92%), Vitamin E: 0.24mg (1.57%), Manganese: 0.02mg (1.12%)