



Old-Fashioned Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

DESSERT

Ingredients

- 2 large eggs lightly beaten
- 2.3 cups milk 2% reduced-fat
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.3 cup pearl tapioca uncooked
- 0.5 teaspoon vanilla extract
- 0.8 cup water

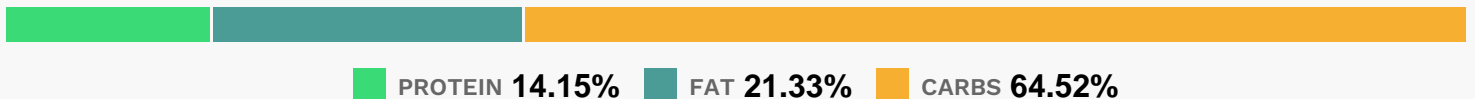
Equipment

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

Directions

- Combine 3/4 cup water and tapioca in a medium saucepan; let stand 30 minutes.
- Add milk and salt to tapioca mixture; bring to a boil. Reduce heat, and simmer 30 minutes or until mixture thickens, stirring frequently.
- Combine sugar and eggs, stirring well with a whisk. Gradually stir about 1/2 cup hot tapioca mixture into egg mixture. Return tapioca mixture to pan. Cook 4 minutes or until thickened, stirring constantly.
- Remove from heat; stir in vanilla. Spoon pudding into a bowl.
- Place bowl in a large ice-filled bowl; let stand 15 minutes or until pudding is cool, stirring occasionally. Cover surface of pudding with plastic wrap. Chill.
- Garnish with grated nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:20.27, Inflammation Score:-2, Nutrition Score:6.429130345583%

Nutrients (% of daily need)

Calories: 213.08kcal (10.65%), Fat: 5.06g (7.79%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 34.34g (12.49%), Sugar: 23.93g (26.59%), Cholesterol: 103.62mg (34.54%), Sodium: 245.79mg (10.69%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 7.56g (15.11%), Vitamin B2: 0.36mg (21.38%), Calcium: 177.48mg (17.75%), Phosphorus: 172.55mg (17.25%), Selenium: 11.2µg (15.99%), Vitamin B12: 0.93µg (15.43%), Vitamin B5: 0.87mg (8.73%), Zinc: 0.98mg (6.55%), Potassium: 222.85mg (6.37%), Vitamin A: 270.4IU (5.41%), Folate: 18.89µg (4.72%), Vitamin B6: 0.09mg (4.7%), Magnesium: 18.24mg (4.56%), Vitamin B1: 0.06mg (4.16%), Iron: 0.67mg (3.75%), Vitamin D: 0.5µg (3.33%), Manganese: 0.04mg (2.09%), Vitamin E: 0.3mg (2.02%), Copper: 0.04mg (1.86%)