



Orange Tapioca Pudding



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 2 large eggs separated
- ☐ 2 tablespoons orange liqueur such as grand marnier
- ☐ 0.5 cup heavy cream chilled
- ☐ 2 navel oranges
- ☐ 0.3 cup sugar divided
- ☐ 0.3 cup tapioca pearls (preferably)
- ☐ 3 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ hand mixer

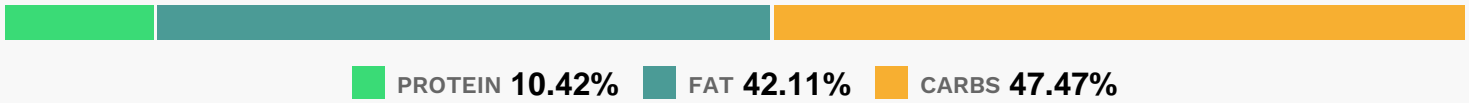
Directions

- ☐ Finely grate enough orange zest to measure 1 teaspoon.
- ☐ Cut remaining peel and white pith from oranges with a sharp knife, then discard.
- ☐ Cut segments free from membranes, letting them drop into a bowl, then squeeze enough juice from membranes to measure 3 tablespoons, adding it to segments.
- ☐ Add liqueur and 2 tablespoons sugar and toss with segments.
- ☐ Let macerate 20 minutes.
- ☐ While orange segments macerate, cook tapioca, milk, grated zest, 1/3 cup sugar, and 1/8 teaspoon salt in a heavy medium saucepan over medium heat, stirring, until sugar has dissolved. Bring to a boil, stirring occasionally, then reduce heat to medium-low and gently simmer, stirring constantly, until thickened, about 10 minutes.
- ☐ Drain orange segments in a sieve over saucepan to add liquid to tapioca (reserve segments), then gently simmer, stirring constantly, until tapioca pearls are completely translucent, 20 to 30 minutes.
- ☐ Whisk together egg yolks in a metal bowl, then gradually whisk hot pudding into yolks. Quick-chill by setting bowl in an ice bath and stirring occasionally until cool (pudding will be very thick).
- ☐ Beat egg whites with a pinch of salt using an electric mixer until they just hold soft peaks.
- ☐ Add remaining tablespoon sugar and beat whites until they just hold stiff peaks.
- ☐ Beat cream in another bowl with cleaned beaters until it just holds stiff peaks. Fold whites, then cream, into pudding gently but thoroughly.
- ☐ Divide orange segments among 6 glasses, ramekins, or small bowls and top with pudding. Chill, covered, at least 1 hour.

☐

·The egg whites in this recipe are not cooked, which may be of concern if salmonella is a problem in your area.·Tapioca pudding can be chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:15.68, Inflammation Score:-5, Nutrition Score:9.0747825736585%

Flavonoids

Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 275.74kcal (13.79%), Fat: 12.77g (19.65%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 31.3g (11.38%), Sugar: 23.46g (26.06%), Cholesterol: 99.05mg (33.02%), Sodium: 76.44mg (3.32%), Alcohol: 1.3g (100%), Alcohol %: 0.72% (100%), Protein: 7.11g (14.22%), Vitamin C: 27.7mg (33.57%), Calcium: 194.4mg (19.44%), Vitamin B2: 0.31mg (18.14%), Phosphorus: 179.35mg (17.93%), Vitamin B12: 0.84µg (13.98%), Vitamin A: 694.46IU (13.89%), Vitamin D: 1.99µg (13.28%), Selenium: 8.18µg (11.68%), Vitamin B5: 0.89mg (8.94%), Potassium: 304.96mg (8.71%), Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.15mg (7.36%), Folate: 24.83µg (6.21%), Magnesium: 23.4mg (5.85%), Zinc: 0.81mg (5.42%), Fiber: 1.1g (4.41%), Vitamin E: 0.49mg (3.26%), Iron: 0.51mg (2.86%), Copper: 0.04mg (1.9%), Vitamin B3: 0.36mg (1.79%), Manganese: 0.03mg (1.69%)