



Peaches 'n' Cream Tapioca

 Vegetarian

READY IN



246 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup firmly brown sugar packed
- ☐ 2 cups cereal
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup heavy whipping cream
- ☐ 2 pounds peaches fresh
- ☐ 0.5 cup peach nectar
- ☐ 3 tablespoons quick-cooking tapioca uncooked
- ☐ 0.1 teaspoon salt

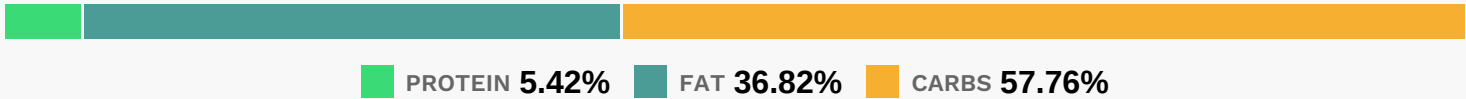
Equipment

☐ slow cooker

Directions

- ☐ Stir together first 7 ingredients in a 3 1/2-quart slow cooker.
- ☐ Cover and cook on LOW 4 hours. Stir well; spoon into dessert dishes, and top evenly with granola.
- ☐ Peachy Keen: Fresh peaches are best. If you use frozen ones, just rinse off any ice crystals; there's no need to thaw them for this recipe.

Nutrition Facts



Properties

Glycemic Index:13.78, Glycemic Load:3.93, Inflammation Score:-6, Nutrition Score:9.7113043899121%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 392.99kcal (19.65%), Fat: 16.64g (25.6%), Saturated Fat: 7.55g (47.22%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 55.43g (20.16%), Sugar: 38.51g (42.79%), Cholesterol: 33.62mg (11.21%), Sodium: 76.67mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Manganese: 0.9mg (45.2%), Vitamin A: 847.19IU (16.94%), Vitamin E: 2.32mg (15.47%), Phosphorus: 133.23mg (13.32%), Fiber: 3.31g (13.24%), Selenium: 8.83µg (12.61%), Iron: 1.9mg (10.56%), Magnesium: 41.45mg (10.36%), Copper: 0.19mg (9.65%), Vitamin B1: 0.14mg (9.14%), Potassium: 317.17mg (9.06%), Vitamin B2: 0.15mg (8.73%), Calcium: 68.53mg (6.85%), Zinc: 0.95mg (6.34%), Vitamin B3: 1.26mg (6.3%), Vitamin C: 4.86mg (5.89%), Vitamin K: 5.88µg (5.6%), Folate: 18.75µg (4.69%), Vitamin B5: 0.46mg (4.61%), Vitamin B6: 0.09mg (4.48%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.07µg (1.15%)