



## Pineapple-Coconut Tapioca



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



199 kcal

SIDE DISH

### Ingredients

- ☐ 1 large eggs
- ☐ 27 ounce coconut milk light canned
- ☐ 0.5 cup pineapple fresh finely chopped
- ☐ 0.8 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 0.5 cup regular pearl tapioca

### Equipment

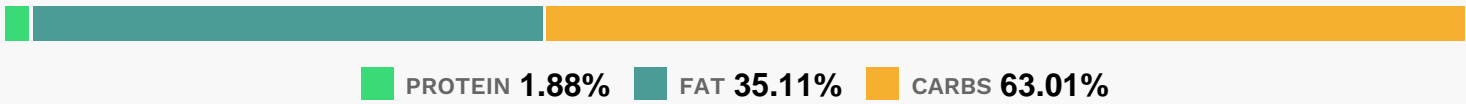
- ☐ bowl

- ☐ whisk
- ☐ slow cooker

## Directions

- ☐ Coat a 4-quart electric slow cooker with cooking spray.
- ☐ Combine sugar, tapioca, and coconut milk in slow cooker, stirring with a whisk. Cover and cook on LOW for 2 hours or until most of tapioca is transparent. (Pudding will be thin.)
- ☐ Place egg in a medium bowl; stir with a whisk.
- ☐ Add 1/2 cup hot tapioca mixture to egg, stirring constantly with a whisk. Stir egg mixture into remaining tapioca mixture in slow cooker. Cover and cook on LOW for 30 minutes. Turn off slow cooker. Stir pineapple into tapioca mixture; cover and let stand 30 minutes.
- ☐ Serve warm or chilled. Top each serving with toasted coconut.

## Nutrition Facts



## Properties

Glycemic Index:22.94, Glycemic Load:18.02, Inflammation Score:-1, Nutrition Score:1.602173919911%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 199.33kcal (9.97%), Fat: 7.58g (11.66%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 29.94g (10.89%), Sugar: 19.58g (21.75%), Cholesterol: 20.67mg (6.89%), Sodium: 92.56mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Manganese: 0.14mg (7.09%), Vitamin C: 4.38mg (5.31%), Selenium: 2.64µg (3.78%), Fiber: 0.67g (2.69%), Vitamin B2: 0.03mg (1.89%), Iron: 0.34mg (1.87%), Phosphorus: 17.05mg (1.7%), Copper: 0.03mg (1.54%), Vitamin B5: 0.12mg (1.23%), Folate: 4.74µg (1.19%), Vitamin B6: 0.02mg (1.09%), Magnesium: 4.26mg (1.06%), Potassium: 35.97mg (1.03%)