



Raspados de Tamarindo (Tamarind Ices)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



10

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 10 cups ice cubes or as needed shaved
- ☐ 1 pound tamarind pods cleaned peeled
- ☐ 8 cups water divided
- ☐ 5 cups sugar white
- ☐ 0.3 cup as desired
- ☐ 0.3 cup as desired

Equipment

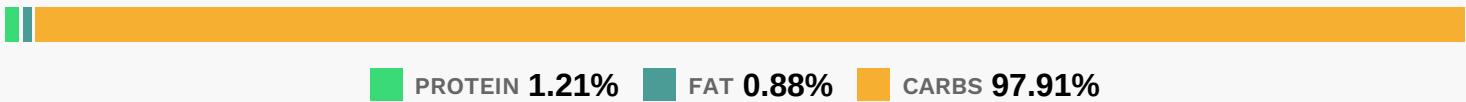
- ☐ sauce pan

☐ sieve

Directions

- ☐ Place tamarind pods, cleaned of all shells and peels, into a saucepan.
- ☐ Pour in 3 cups water, or as needed to cover, and bring to a boil. Reduce heat to medium-low and simmer until water and pulp are reduced by 1/4, 30 to 45 minutes.
- ☐ Strain tamarind pulp through a fine mesh strainer into another saucepan; discard seeds.
- ☐ Pour remaining 5 cups water through strainer to wash as much pulp as possible into the mixture. If desired, check pulp left in strainer for any hard pieces of peel and shell and add pulp back into tamarind mixture.
- ☐ Place tamarind mixture over low heat and cook until warm but not boiling, 2 to 3 minutes. Stir sugar into tamarind mixture until sugar has dissolved. If mixture is too thick, add 1/4 cup water. Divide shaved ice into 6 glasses and pour tamarind mixture over shaved ice to serve.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:69.81, Inflammation Score:-4, Nutrition Score:4.8669566019722%

Nutrients (% of daily need)

Calories: 404.05kcal (20.2%), Fat: 0.41g (0.63%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 103.02g (34.34%), Net Carbohydrates: 101.85g (37.03%), Sugar: 101.61g (112.9%), Cholesterol: 0mg (0%), Sodium: 24.11mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 27.22mg (32.99%), Vitamin K: 11.34µg (10.8%), Vitamin A: 493.05IU (9.86%), Manganese: 0.11mg (5.73%), Copper: 0.11mg (5.55%), Iron: 0.99mg (5.52%), Folate: 19.05µg (4.76%), Fiber: 1.18g (4.72%), Vitamin B1: 0.07mg (4.54%), Magnesium: 15.14mg (3.79%), Vitamin B6: 0.07mg (3.63%), Vitamin B5: 0.34mg (3.4%), Calcium: 33.28mg (3.33%), Vitamin B2: 0.06mg (3.25%), Potassium: 92.72mg (2.65%), Phosphorus: 24.04mg (2.4%), Vitamin B3: 0.27mg (1.36%), Selenium: 0.92µg (1.31%), Vitamin E: 0.18mg (1.18%), Zinc: 0.18mg (1.17%)