



Rum-Raisin Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



26 min.

SERVINGS



7

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 tablespoons rum dark
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup half-and-half fat-free
- ☐ 0.3 cup brown sugar light packed
- ☐ 2.5 cups milk 1% low-fat
- ☐ 3 tablespoons quick-cooking tapioca uncooked
- ☐ 0.3 cup raisins

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1.5 teaspoons vanilla extract

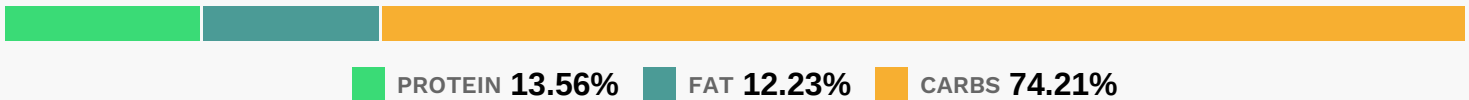
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Combine first 3 ingredients in a small bowl; set aside.
- ☐ Combine tapioca and next 5 ingredients in a saucepan, and let stand 5 minutes.
- ☐ Place pan over medium heat; bring mixture to a boil, stirring constantly (about 20 minutes).
- ☐ Remove from heat; add raisin mixture. Discard cinnamon stick.
- ☐ Divide pudding evenly among 7 (6-ounce) custard cups. Cover surface of pudding with plastic wrap. Chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:5.0030435129352%

Nutrients (% of daily need)

Calories: 138.14kcal (6.91%), Fat: 1.76g (2.71%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.29g (8.47%), Sugar: 12.79g (14.21%), Cholesterol: 31.63mg (10.54%), Sodium: 64.17mg (2.79%), Alcohol: 1.73g (100%), Alcohol %: 1.63% (100%), Protein: 4.39g (8.78%), Calcium: 139.94mg (13.99%), Phosphorus: 132.45mg (13.24%), Vitamin B2: 0.2mg (12.02%), Vitamin B12: 0.67µg (11.09%), Potassium: 249.52mg (7.13%), Vitamin D: 1.07µg (7.13%), Selenium: 4.6µg (6.58%), Manganese: 0.12mg (5.92%), Vitamin B5: 0.51mg (5.07%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.52%), Vitamin A: 212.49IU (4.25%), Magnesium: 16.85mg (4.21%), Zinc: 0.62mg (4.12%), Fiber: 0.74g (2.94%), Iron: 0.4mg (2.24%), Copper: 0.04mg (1.82%), Folate: 6.03µg (1.51%), Vitamin B3: 0.22mg (1.09%)