



Sago Pudding (Gula Melaka)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



217 kcal

DESSERT

Ingredients



2 cups coconut milk canned



7 ounces coconut sugar



7 ounces pearl sago rinsed drained



0.5 cup water

Equipment



sauce pan



pot

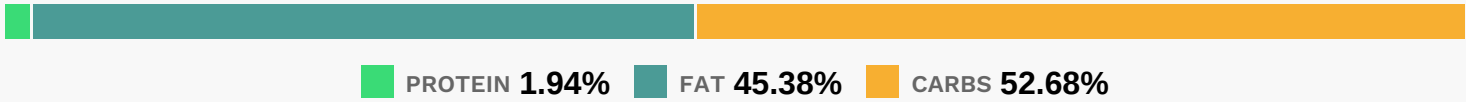


sieve

Directions

- ☐ Bring 10 cups of water to a boil in a large pot. Gradually stir in the sago so that it does not clump. Return to a boil, then reduce the heat to low. Cook until the sago turns translucent, stirring occasionally, about 30 minutes.
- ☐ Pour the sago into jelly molds, and refrigerate overnight.
- ☐ In a small saucepan, stir together the palm sugar and water. Bring to a boil, and cook until the sugar has dissolved. Strain through a fine sieve to remove grit.
- ☐ Unmold the puddings, and serve with the coconut milk and palm sugar syrup (gula melaka) separately for each person to pour over their serving.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:9.32, Inflammation Score:-1, Nutrition Score:3.0126086766629%

Nutrients (% of daily need)

Calories: 216.77kcal (10.84%), Fat: 11.42g (17.58%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 27.99g (10.18%), Sugar: 14.55g (16.16%), Cholesterol: 0mg (0%), Sodium: 63.75mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Manganese: 0.44mg (21.98%), Fiber: 1.85g (7.4%), Copper: 0.13mg (6.48%), Phosphorus: 48mg (4.8%), Magnesium: 17.88mg (4.47%), Iron: 0.79mg (4.37%), Selenium: 2.98µg (4.25%), Potassium: 126.24mg (3.61%), Vitamin C: 1.82mg (2.21%), Zinc: 0.32mg (2.15%), Folate: 7.68µg (1.92%), Vitamin B3: 0.36mg (1.82%)