



Steamed Pandan Tapioca Pearl Cakes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 5 pandan leaves chopped
- ☐ 8 ounce coconut or grated
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons tapioca flour
- ☐ 6.5 ounce tapioca pearls
- ☐ 3 cups water
- ☐ 1.5 cups sugar white

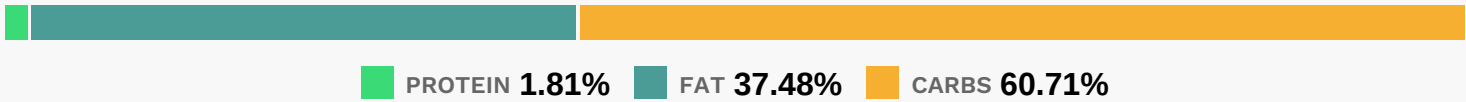
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ cheesecloth

Directions

- ☐ Toss the coconut and salt together in a small bowl; set aside.
- ☐ Blend the pandan leaves with 3/4 cup water in a blender or food processor until smooth; strain through a piece of cheesecloth. You should get about 1/2 cup pandan juice.
- ☐ Bring 3 cups water and the tapioca pearls to a boil in a sauce pan; cook at a boil until the pearls are translucent and soft, about 10 minutes. Stir the sugar and tapioca flour into the mixture until the sugar is completely dissolved; add the pandan juice and stir until you have a thick batter.
- ☐ Remove from heat and pour into foil cups.
- ☐ Bring a couple inches of water to boil in a large pot.
- ☐ Place a few of the cups at a time in a steamer insert and place over the boiling water. Steam until the cakes are cooked through, 10 to 15 minutes. Top the cakes with the coconut to serve.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:41.88, Inflammation Score:-1, Nutrition Score:5.4152172972327%

Nutrients (% of daily need)

Calories: 424.13kcal (21.21%), Fat: 18.42g (28.34%), Saturated Fat: 16.22g (101.4%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 62.3g (22.65%), Sugar: 40.28g (44.76%), Cholesterol: 0mg (0%), Sodium: 160.89mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.81mg (40.53%), Fiber: 4.84g (19.38%), Copper: 0.25mg (12.37%), Selenium: 5.66µg (8.08%), Iron: 1.39mg (7.71%), Magnesium: 26.71mg (6.68%),

Phosphorus: 60.47mg (6.05%), Potassium: 158.18mg (4.52%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.61mg (4.09%),
Vitamin B5: 0.26mg (2.58%), Vitamin B2: 0.04mg (2.1%), Calcium: 15.63mg (1.56%), Vitamin B1: 0.02mg (1.2%)