

Strawberry Tapioca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup quick-cooking tapioca
- ☐ 0.5 cup strawberries fresh hulled halved
- ☐ 1.5 cups water

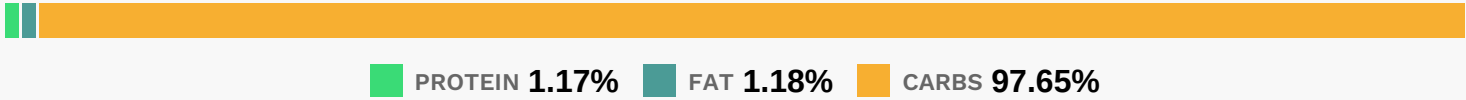
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place the strawberries and water in a blender or food processor, and blend until smooth.
- ☐ Pour into a small saucepan. Stir in tapioca, and let stand for 10 minutes to soften. Bring to a boil over medium heat, stirring frequently to prevent sticking.
- ☐ Remove from heat when thick, and pour into serving dishes.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.1113043498734%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 40.72kcal (2.04%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.74g (3.54%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 4.62mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 10.58mg (12.83%), Manganese: 0.07mg (3.47%), Fiber: 0.36g (1.44%), Copper: 0.02mg (1.14%), Folate: 4.32µg (1.08%)