



Tapioca Pearls for Bubble Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup sugar syrup
- 1 cup tapioca pearls
- 6 cups water cold

Equipment

- sauce pan
- colander

Directions

- Boil water in medium saucepan.
- Add the tapioca; return to a boil. Reduce heat, cover, and boil gently 30 minutes.
- Remove from heat.
- Let tapioca sit 25 minutes in water, covered.
- Drain and rinse in a colander under cool running water.
- Pour Sugar Syrup over tapioca; use within 4 to 5 hours.
- Bring water to a boil in a medium saucepan.
- Add tapioca; return to a boil. Reduce heat, cover, and simmer gently 20 minutes.
- Remove from heat; let sit 15 minutes, covered.
- Drain and rinse in a colander beneath cool running water.
- Add Sugar Syrup; place in sealed container. Refrigerate until ready to use.
- For tea, bring a medium saucepan of water to a boil (use a 4-to-1 ratio of water to tapioca), and add tapioca (1/4 cup per serving). Boil 1 to 3 minutes, or until soft. Rinse and cover with Sugar Syrup to taste.
- Add tea mixture of choice (see our recipe for Bubble Milk Tea at right).
- Note: Precooked tapioca should be used within 3 days, or it will get mushy.

Nutrition Facts

PROTEIN 0.11% **FAT 0.03%** **CARBS 99.86%**

Properties

Glycemic Index:9.71, Glycemic Load:12.95, Inflammation Score:1, Nutrition Score:0.7217391392459%

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 0g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 32.09g (11.67%), Sugar: 16.05g (17.84%), Cholesterol: 0mg (0%), Sodium: 21.28mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.07%), Iron: 1.06mg (5.88%), Vitamin B1: 0.03mg (1.88%), Copper: 0.04mg (1.82%), Calcium: 11.86mg (1.19%), Manganese: 0.02mg (1.04%), Magnesium: 4.07mg (1.02%)