

Tapioca Pudding

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



188 kcal

DESSERT

Ingredients

- 2 large egg yolk lightly beaten
- 0.5 cup granulated sugar
- 0.1 teaspoon salt fine
- 0.3 cup .3 oz. of pearl tapioca instant (not)
- 1 vanilla pod split
- 3 cups milk whole

Equipment

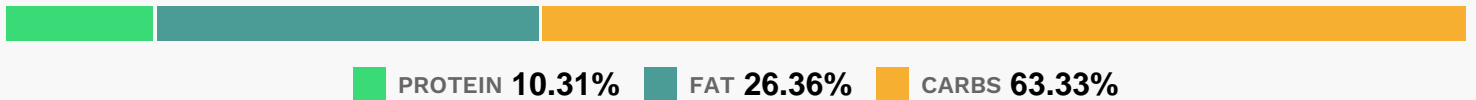
- bowl

- frying pan
- sauce pan
- whisk
- plastic wrap

Directions

- Place 1 cup of the milk and the tapioca pearls in a medium saucepan and stir to combine.
- Let the pearls soak uncovered at room temperature for 1 hour.
- Add the remaining 2 cups of milk, sugar, egg yolks, vanilla seeds, and salt and stir to combine.
- Place the pan over medium heat and cook, whisking frequently, until the mixture just comes to a simmer, about 10 minutes (do not let the mixture boil). Reduce the heat to low and cook, whisking frequently, until the mixture thickens and the tapioca pearls are softened and translucent, about 15 minutes.
- Serve warm (the pudding will thicken as it cools).
- Place any leftovers in a bowl, press a sheet of plastic wrap directly onto the surface of the pudding to keep a skin from forming, and refrigerate for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:19.56, Inflammation Score:-2, Nutrition Score:5.1091304589873%

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 5.59g (8.59%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 30.12g (10.95%), Sugar: 22.82g (25.35%), Cholesterol: 75.84mg (25.28%), Sodium: 97.78mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Calcium: 159.26mg (15.93%), Phosphorus: 145.91mg (14.59%), Vitamin B12: 0.77µg (12.82%), Vitamin B2: 0.2mg (11.85%), Vitamin D: 1.65µg (10.99%), Selenium: 5.66µg (8.08%), Vitamin B5: 0.64mg (6.36%), Vitamin A: 279.35IU (5.59%), Potassium: 190.45mg (5.44%), Vitamin B1: 0.08mg (5.24%), Vitamin B6: 0.09mg (4.75%), Zinc: 0.64mg (4.28%), Magnesium: 15.01mg (3.75%), Folate: 8.61µg (2.15%), Iron: 0.3mg (1.65%), Vitamin E: 0.21mg (1.38%)