



Tapioca Pudding with Coconut Cream and Palm-Sugar Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 1 bay leaves frozen thawed
- ☐ 4 oz t brown sugar dark packed grated crumbled
- ☐ 1 cup .3 oz. of pearl tapioca () (not quick-cooking)
- ☐ 14 oz coconut milk unsweetened canned (do not shake)
- ☐ 6.3 cups water

Equipment

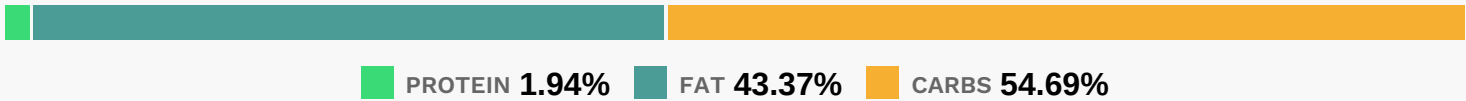
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Bring 6 cups water to a boil in a large saucepan and add tapioca in a slow stream, stirring constantly. Gently boil, stirring frequently, 5 minutes.
- ☐ Remove from heat and let stand, covered, until tapioca is translucent, about 15 minutes.
- ☐ Add 3 cups cold water to tapioca, then drain in a large sieve.
- ☐ Transfer tapioca to a large bowl.
- ☐ Add cold water to cover by 2 inches and swirl tapioca to remove excess starch.
- ☐ Drain tapioca in sieve and repeat rinsing.
- ☐ Drain tapioca again and divide among 6 serving dishes. Chill, loosely covered, 10 minutes, or until set.
- ☐ Tear pandan leaf into strips and tie strips together in a knot. Simmer pandan with sugar and remaining 1/4 cup water in a small saucepan, stirring until sugar is dissolved, until slightly thickened, about 5 minutes. Discard pandan and pour syrup through a fine sieve into a small bowl. Cool to room temperature.
- ☐ Scoop out thick layer of coconut cream from top of can, reserving thin liquid in bottom.
- ☐ Whisk , cup coconut cream until smooth, whisking in 1 to 1, tablespoons thin coconut liquid if necessary to get a pourable consistency.
- ☐ Drizzle some of syrup over tapioca and top with some coconut cream.
- ☐ Serve remaining syrup and cream on the side.
- ☐ For this particular recipe, we prefer A Taste of Thai, Royal Blossom, Thai Kitchen, or Ka-Me brand of coconut milk because the thin liquid and the cream-like layer are distinctly separated. Syrup may be made 1 day ahead and chilled, covered. If syrup is too thick to drizzle, bring to room temperature.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:17.27, Inflammation Score:-1, Nutrition Score:4.6247826302829%

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 15.75g (24.23%), Saturated Fat: 13.96g (87.24%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 43g (15.64%), Sugar: 21.39g (23.77%), Cholesterol: 0mg (0%), Sodium: 27.79mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Manganese: 0.65mg (32.36%), Copper: 0.23mg (11.47%), Iron: 1.63mg (9.04%), Magnesium: 28.91mg (7.23%), Phosphorus: 68.7mg (6.87%), Fiber: 1.69g (6.75%), Selenium: 4.53µg (6.47%), Potassium: 201.98mg (5.77%), Calcium: 38.87mg (3.89%), Zinc: 0.5mg (3.36%), Folate: 11.82µg (2.95%), Vitamin B3: 0.52mg (2.62%), Vitamin C: 1.86mg (2.25%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.21%)