



Tapioca Pudding with Pineapple and Coconut

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



281 kcal

DESSERT

Ingredients

- 200 ml coconut milk
- 2 egg yolk
- 250 ml milk
- 2 tsp honey to taste (or)
- 1 lime
- 250 gr pineapple diced
- 1 pinch salt
- 1 tbsp sugar

- 65 gr .3 oz. of pearl tapioca (the smaller pearls)
- 1 vanilla pod

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- whisk

Directions

- The place to start is with the tapioca, the pudding is a custard. So, in a heavy bottomed saucepan add the full milk, salt, tapioca, the seeds from the vanilla pod, and the empty vanilla pod. Bring this mix to a gentle simmer and stir occasionally. Do this until the tapioca is translucent and tender, this takes about 20 minutes. When cooked, stir in the coconut milk. While the tapioca mix is cooking you can whisk the egg yolks and sugar together in a bowl - quite big as it has to hold half of your tapioca mix too.
- Mix the egg and sugar together until the color lightens. Taking your cooked tapioca mix from the heat, pour half of it into the bowl with the eggs and sugar, whisk together using a metal hand whisk. Then pour this back into the pan and place on a medium heat. On a medium heat keep whisking until the mix thickens, this takes about 5 minutes or so. It is important not to use too high a heat as the eggs will scramble. The mix will not become really thick, the chilling process will thicken it further. I like to check the sweetness level at this stage, you can add a little more sugar if you wish, but if you do, stir it through until it dissolves. Put your tapioca pudding in a clean, cool bowl, remove the vanilla bean and set aside to cool. When it has cooled, cover with cling film and put in the fridge. Now for the pineapple.
- Combine the fruit with the honey, lime juice and most of the zest. Keep back a little lime zest to dress.
- Place half of the mix in a food processor and blend until smooth.
- Transfer this back into the bowl with the rest of the pineapple and stir together check the flavour and add more honey or lime if you wish. Once your tapioca has chilled, place some of the pineapple mix in the bottom of your serving dishes, then add the tapioca and top with a little pineapple and some lime zest to finish.

Nutrition Facts

PROTEIN 6.78% FAT 45.53% CARBS 47.69%

Properties

Glycemic Index:106.42, Glycemic Load:21.83, Inflammation Score:-4, Nutrition Score:10.93652173913%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Taste

Sweetness: 100%, Saltiness: 24.94%, Sourness: 40.52%, Bitterness: 25.51%, Savoriness: 20.22%, Fattiness: 50.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 281.32kcal (14.07%), Fat: 14.94g (22.99%), Saturated Fat: 11.1g (69.39%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 33.72g (12.26%), Sugar: 16g (17.78%), Cholesterol: 104.94mg (34.98%), Sodium: 46.01mg (2%), Protein: 5.01g (10.01%), Manganese: 0.98mg (48.79%), Vitamin C: 35.24mg (42.72%), Phosphorus: 155.35mg (15.53%), Iron: 2.38mg (13.2%), Calcium: 116.64mg (11.66%), Copper: 0.2mg (9.92%), Magnesium: 38.89mg (9.72%), Vitamin B2: 0.16mg (9.51%), Selenium: 6.57µg (9.39%), Vitamin B12: 0.52µg (8.73%), Potassium: 300.45mg (8.58%), Folate: 33.14µg (8.28%), Vitamin B6: 0.16mg (8.18%), Vitamin D: 1.2µg (7.97%), Vitamin B1: 0.12mg (7.83%), Vitamin B5: 0.78mg (7.76%), Fiber: 1.5g (5.99%), Zinc: 0.86mg (5.73%), Vitamin A: 278.83IU (5.58%), Vitamin B3: 0.72mg (3.62%), Vitamin E: 0.31mg (2.09%)