



Tapioca Pudding with Tender Coconut



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or fresh shredded
- ☐ 1 cup full fat coconut cream
- ☐ 1 teaspoon salt
- ☐ 0.8 cup pearl tapioca
- ☐ 4 cups water
- ☐ 1 cup sugar white

Equipment

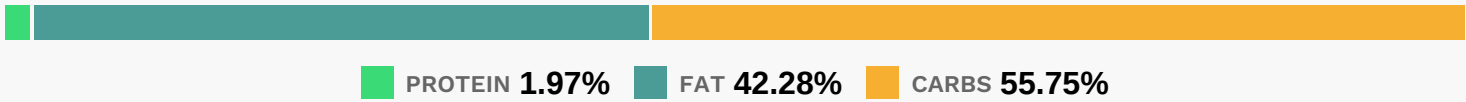
- ☐ bowl

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring the water to a boil in a large pot; add the tapioca pearls and cook until translucent, 25 to 30 minutes. Stir the sugar and coconut into the tapioca and return the mixture to a boil; remove immediately from heat. Divide into 4 small bowls.
- ☐ Stir the coconut cream and salt together in a small saucepan over medium-hot heat; cook until warm but do not boil, 5 to 10 minutes.
- ☐ Remove from heat. Spoon 1 to 2 tablespoons of the mixture over each serving of the tapioca pudding.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:54.46, Inflammation Score:-1, Nutrition Score:6.7426087095038%

Nutrients (% of daily need)

Calories: 563.33kcal (28.17%), Fat: 27.67g (42.57%), Saturated Fat: 24.39g (152.46%), Carbohydrates: 82.11g (27.37%), Net Carbohydrates: 78.73g (28.63%), Sugar: 52.1g (57.89%), Cholesterol: 0mg (0%), Sodium: 600.38mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 1.12mg (55.86%), Copper: 0.36mg (18.07%), Fiber: 3.38g (13.51%), Iron: 2.33mg (12.97%), Phosphorus: 97.79mg (9.78%), Potassium: 270.45mg (7.73%), Magnesium: 25.87mg (6.47%), Zinc: 0.86mg (5.74%), Folate: 20.14µg (5.03%), Selenium: 2.55µg (3.64%), Vitamin B3: 0.64mg (3.21%), Vitamin C: 2.34mg (2.84%), Vitamin B5: 0.26mg (2.55%), Calcium: 23.06mg (2.31%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (2.06%)