



Tapioca with Stewed Apples and Apricots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 2 apples cored peeled sliced
- ☐ 2 tablespoons agave nectar
- ☐ 1 tablespoon butter as needed plus more
- ☐ 1 cinnamon sticks
- ☐ 12 apricot dried (like the tapioca, soaked overnight, but in 1 cup/250 ml orange juice)
- ☐ 1.3 cups milk
- ☐ 3 tablespoons orange juice

- ☐ 0.5 cup .3 oz. of pearl tapioca (soaked overnight in plenty of water)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Having soaked the tapioca overnight, drain and place it in a saucepan with the milk, vanilla extract, and butter. Bring to a boil, turn to low, and simmer, stirring in the honey, agave, or sugar, for another 10 minutes.
- ☐ Cut your overnight magically plumped apricots into halves or quarters, if desired. In another saucepan, place the water, cinnamon, orange juice, agave or honey, and apples and bring to a boil, giving it a good stir now and then. Simmer for about 10 to 15 minutes, or until the apples are tender.
- ☐ Now, here you can do one of two things.
- ☐ Serve the stewed fruit as is on top of the tapioca or put the tapioca in a small ovenproof dish with another tablespoon of butter, pour the apples and apricots on top, and bake at 350°F/180°C for 15 or so minutes. The choice, Cilla, is yours.
- ☐ Recipes by Sophie Dahl. Reprinted with permission from Very Fond of Food: A Year in Recipes by Sophie Dahl, © 201
- ☐ Published by Ten Speed Press, a division of Random House, Inc. Sophie Dahl began her career as a model, but writing was always her first love. In 2003 she wrote an illustrated novella called The Man with the Dancing Eyes, which was a Times bestselling book. This was followed by a novel, Playing with the Grown-Ups, published to widespread praise by Bloomsbury in 200
- ☐ Dahl is a contributing editor at British Vogue. She has also written for US Vogue, Waitrose Food Illustrated magazine, the Observer, the Guardian, and the Saturday Times Magazine, among others. A devoted eater and cook, she wrote a book chronicling her misadventures with food, Miss Dahl's Voluptuous Delights, published by Harper
- ☐ Collins in 2009, which was her second Times bestseller. Following the success of Voluptuous Delights, Dahl wrote and presented a popular BBC2 six-part cooking series, The Delicious Miss

Dahl, which aired in numerous countries all over the world.Dahl lives in England, where she continues to work on her journalism, fiction, and baking.

Nutrition Facts



Properties

Glycemic Index:79.52, Glycemic Load:24.64, Inflammation Score:-7, Nutrition Score:9.0426086653834%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 306.68kcal (15.33%), Fat: 5.83g (8.97%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 62.42g (20.81%), Net Carbohydrates: 57.8g (21.02%), Sugar: 38.76g (43.06%), Cholesterol: 17.28mg (5.76%), Sodium: 60.8mg (2.64%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 3.92g (7.85%), Vitamin A: 1161.41IU (23.23%), Fiber: 4.63g (18.51%), Vitamin C: 13.51mg (16.38%), Potassium: 532.08mg (15.2%), Calcium: 135.55mg (13.56%), Manganese: 0.27mg (13.51%), Phosphorus: 114.31mg (11.43%), Vitamin B2: 0.19mg (10.94%), Vitamin E: 1.5mg (10.03%), Vitamin B6: 0.17mg (8.32%), Vitamin B12: 0.45µg (7.42%), Vitamin K: 7.06µg (6.73%), Copper: 0.13mg (6.58%), Iron: 1.16mg (6.46%), Vitamin B1: 0.1mg (6.44%), Magnesium: 25.05mg (6.26%), Vitamin D: 0.89µg (5.96%), Vitamin B5: 0.54mg (5.4%), Vitamin B3: 0.97mg (4.83%), Selenium: 2.57µg (3.67%), Folate: 14.6µg (3.65%), Zinc: 0.52mg (3.47%)