



## 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

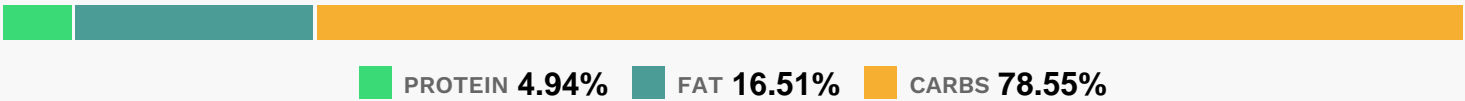
- ☐ sauce pan
- ☐ oven

## 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%)