



Taro Coconut Tapioca Dessert



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients



13.5 ounce coconut milk canned



0.7 cup rock sugar candy



1 cup tapioca pearls white



2 cups taro raw peeled cut into 1/2-inch cubes



6 cups water

Equipment



frying pan

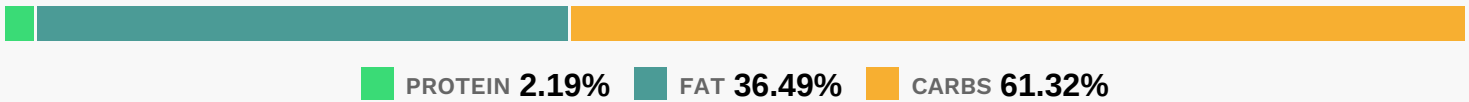


sauce pan

Directions

- ☐ In a saucepan with a lid, bring 4 cups of water to a boil, and stir in the tapioca pearls (pearls will swell in size). Reduce heat to a simmer, and cook the tapioca until pearls begin to soften, about 7 minutes. Cover the pan, and let the tapioca pearls stand for 10 to 15 minutes, until the centers are clear. Gently drain the excess water, and set the pearls aside.
- ☐ Bring 6 cups of water to a boil in a large saucepan and stir in the taro root. Reduce the heat to medium-low, and simmer the taro until soft, about 10 minutes.
- ☐ Add coconut milk and rock sugar, stirring to dissolve the sugar, and simmer for 20 more minutes to blend the coconut milk and taro. Gently stir in the soft tapioca pearls until well combined.
- ☐ Let cool to room temperature, or serve chilled.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:18.74, Inflammation Score:-1, Nutrition Score:3.2530434630487%

Flavonoids

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 7.67g (11.8%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 27.41g (9.97%), Sugar: 12.65g (14.06%), Cholesterol: 0mg (0%), Sodium: 13.02mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Manganese: 0.37mg (18.65%), Copper: 0.14mg (6.96%), Fiber: 1.58g (6.31%), Potassium: 195.56mg (5.59%), Phosphorus: 48.38mg (4.84%), Magnesium: 19.18mg (4.79%), Iron: 0.83mg (4.62%), Vitamin E: 0.49mg (3.28%), Selenium: 2.28µg (3.26%), Vitamin B6: 0.06mg (2.95%), Folate: 9.08µg (2.27%), Vitamin C: 1.6mg (1.94%), Calcium: 19.27mg (1.93%), Zinc: 0.29mg (1.9%), Vitamin B3: 0.35mg (1.74%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.13mg (1.28%)