



Thai Coconut Tapioca Pudding with Cayenne-Spiced Mango



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1 pinch ground pepper
- ☐ 6 cilantro leaves fresh
- ☐ 1 inch galangal fresh peeled sliced
- ☐ 1 inch ginger fresh peeled sliced
- ☐ 1 tablespoon lemon grass sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 kaffir lime leaves grated

- ☐ 1 large mangos peeled cut into cubes
- ☐ 0.5 cup sugar
- ☐ 0.5 cup .3 oz. of pearl tapioca (not quick-cooking)
- ☐ 6 servings thai basil
- ☐ 10 basil
- ☐ 13.5 ounce coconut milk unsweetened canned
- ☐ 2 cups water
- ☐ 2 cups milk whole

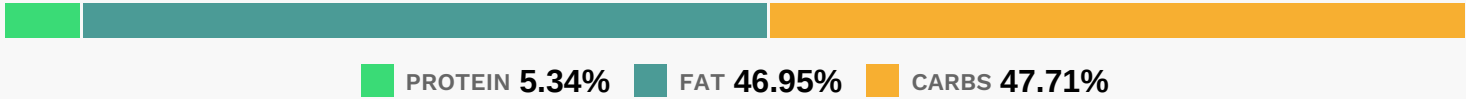
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 6 ingredients in food processor; blend 20 seconds.
- ☐ Transfer to medium saucepan; add 2 cups water and bring to boil.
- ☐ Remove pan from heat and let steep uncovered 20 minutes.
- ☐ Pour mixture into strainer set over heavy large saucepan; press on solids to release flavored liquid. Discard solids in strainer.
- ☐ Add milk and sugar to flavored liquid in pan; bring to boil. Stir in tapioca; return to boil. Reduce heat to medium and simmer uncovered until pudding thickens and is reduced to 2 1/4 cups, stirring frequently, about 35 minutes. Stir in coconut milk (pudding will be runny).
- ☐ Transfer to bowl. Cover and refrigerate overnight.
- ☐ Toss mango cubes, lime juice, and cayenne in medium bowl. Divide tapioca among 6 stemmed glasses or bowls. Top with mango mixture; garnish with basil sprigs.
- ☐ *Galangal, Thai basil, kaffir lime leaves, lemongrass, small pearl tapioca, and unsweetened coconut milk are available at Asian markets.

Nutrition Facts



Properties

Glycemic Index:76.08, Glycemic Load:24.16, Inflammation Score:-6, Nutrition Score:10.23347821443%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 329.61kcal (16.48%), Fat: 18.02g (27.72%), Saturated Fat: 15.01g (93.81%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 38.99g (14.18%), Sugar: 27.92g (31.02%), Cholesterol: 9.76mg (3.25%), Sodium: 46.34mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Manganese: 0.71mg (35.5%), Vitamin C: 16.21mg (19.64%), Vitamin K: 19.05µg (18.15%), Vitamin A: 788.91IU (15.78%), Phosphorus: 155.74mg (15.57%), Calcium: 126.27mg (12.63%), Copper: 0.25mg (12.27%), Potassium: 381.86mg (10.91%), Magnesium: 41.18mg (10.29%), Fiber: 2.21g (8.82%), Selenium: 5.95µg (8.5%), Iron: 1.51mg (8.38%), Vitamin B2: 0.14mg (7.99%), Folate: 29.62µg (7.41%), Vitamin B12: 0.44µg (7.32%), Vitamin B6: 0.12mg (6.19%), Vitamin D: 0.89µg (5.96%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.53mg (5.28%), Vitamin B1: 0.08mg (5.07%), Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.53mg (3.54%)