



Tub Tim Krob (Red Rubies)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

Ingredients



13.5 ounce coconut milk canned



6 servings ice cubes



6 servings splash jasmine essence (see Cook's Note)



2 teaspoons food coloring red



1 cup sugar



0.5 cup tapioca flour



1 cup water



8 ounce water chestnuts in syrup peeled sliced canned

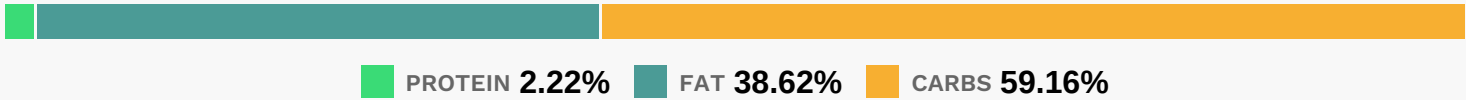
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Dice the water chestnuts into chunks and toss with the red food coloring until evenly coated. Throw the colored water chestnuts into a bowl.
- ☐ Sprinkle with the tapioca flour and mix well to coat.
- ☐ Pour out the contents into a colander and shake off the excess flour (make sure there's not too much flour or the texture will be too gummy and you will lose the water chestnut flavor).
- ☐ Put the floured chestnuts into a pot of boiling water. Boil until the flour turns translucent and the red of the water chestnuts is all that's left, about 2 minutes.
- ☐ Remove and drain the water chestnuts. Toss into a bowl of ice cubes and water.
- ☐ To serve, scoop the Red Rubies into small glasses.
- ☐ Drizzle Jasmine Simple Syrup and coconut milk or cream on top.
- ☐ Serve immediately.
- ☐ Boil the sugar and water with the jasmine essence to flavor your syrup.
- ☐ Pour into squeeze bottles. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:5.3508695538925%

Nutrients (% of daily need)

Calories: 340.71kcal (17.04%), Fat: 15.32g (23.57%), Saturated Fat: 13.47g (84.18%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 49.94g (18.16%), Sugar: 36.98g (41.08%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 1.98g (3.97%), Manganese: 0.65mg (32.44%), Copper:

0.25mg (12.35%), Fiber: 2.88g (11.51%), Iron: 1.7mg (9.43%), Phosphorus: 76.49mg (7.65%), Magnesium: 27.7mg (6.92%), Potassium: 241.46mg (6.9%), Selenium: 4.57µg (6.53%), Vitamin B6: 0.12mg (5.75%), Zinc: 0.66mg (4.43%), Vitamin B3: 0.7mg (3.51%), Folate: 13.61µg (3.4%), Vitamin C: 2.54mg (3.08%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.2mg (2.01%), Calcium: 15.78mg (1.58%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.27%)