



Warm Tapioca with Rhubarb



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup half-and-half
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 pound rhubarb stalks thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.7 cup pearl tapioca ()
- ☐ 0.1 teaspoon vanilla

☐ 8.3 cups water

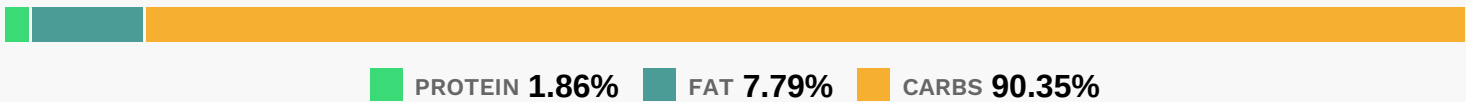
Equipment

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

Directions

- ☐ Bring 8 cups water, salt, and 3 tablespoons sugar to a boil in a 3- to 4-quart heavy saucepan, then add tapioca in a stream, stirring constantly. Reduce heat and briskly simmer, uncovered, stirring occasionally, until tapioca is almost completely translucent, 35 to 50 minutes, depending on size of tapioca.
- ☐ While tapioca is cooking, simmer 1 1/4 cups rhubarb, 1/3 cup sugar, pepper, a pinch of salt, and remaining 1/3 cup water in a 2-quart heavy saucepan, uncovered, stirring occasionally, until rhubarb is just tender, about 8 minutes. Purée in a food processor until smooth (use caution when blending hot liquids), then reserve 1/4 cup (to add to tapioca) and return remainder to saucepan. Stir in raw rhubarb and simmer, stirring occasionally, until tender, about 5 minutes. Stir in lemon juice, then transfer to a shallow bowl.
- ☐ Drain tapioca in a sieve and transfer to cleaned 2-quart heavy saucepan. Stir in half-and-half, remaining 2 tablespoons sugar, vanilla, and reserved rhubarb purée and bring to a simmer, stirring occasionally until sugar is dissolved. Cool slightly, then divide among 4 dessert bowls and top with rhubarb.
- ☐ Each serving contains about 248 calories and 2 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:34.94, Inflammation Score:-1, Nutrition Score:3.446521791427%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 219.46kcal (10.97%), Fat: 1.94g (2.99%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 49.47g (17.99%), Sugar: 27.09g (30.11%), Cholesterol: 5.29mg (1.76%), Sodium: 327.36mg (14.23%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 1.04g (2.09%), Vitamin K: 16.91µg (16.11%), Calcium: 85.59mg (8.56%), Manganese: 0.15mg (7.47%), Vitamin C: 5.16mg (6.25%), Potassium: 188.91mg (5.4%), Fiber: 1.27g (5.07%), Copper: 0.1mg (5.01%), Magnesium: 13.7mg (3.43%), Iron: 0.55mg (3.08%), Vitamin B2: 0.05mg (3.03%), Phosphorus: 24.29mg (2.43%), Vitamin A: 111.79IU (2.24%), Selenium: 1.47µg (2.09%), Folate: 5.7µg (1.42%), Zinc: 0.2mg (1.33%), Vitamin E: 0.19mg (1.29%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.15%)