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Tapioca Pudding Low-fat ♦♦

Tapioca pudding is a creamy and delicious dessert made with tapioca pearls, milk, and sugar. It is a popular dessert in many cultures and is often served chilled. This low-fat version of tapioca pudding is a healthier alternative without compromising on taste.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

100 g	tapioca pearls
2 c	skim milk
4 tbsp	Sugar
1 tsp	Vanilla Extract
1 pinch	Salt

1 tsp Cinnamon Powder

Directions

Step 1

Soak the tapioca pearls in water for 30 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, bring the milk to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Drain the soaked tapioca pearls and add them to the boiling milk.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Stove

Add sugar, vanilla extract, and salt to the saucepan.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Stir the mixture continuously until the tapioca pearls are translucent and the pudding thickens.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Remove from heat and let the pudding cool.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Refrigerating

Chill the pudding in the refrigerator for at least 2 hours before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 0 g

Protein: 4 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	120 mg	3.53%	4.62%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Nutritional Content

High Protein Low Fat Low Carb

Course

Salads Desserts Sauces & Dressings

Cultural

Diwali Hanukkah Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Demographics

Kids Friendly Teen Friendly Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Brunch

Snack

Difficulty Level

Medium

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