

Tapioca Pudding with Beer and Raisins

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

2 large eggs
1 1/4 cups milk
1/2 cup sugar
1/4 cup quick-cooking tapioca
1/4 teaspoon nutmeg
1/8 teaspoon salt
1 bottle (12 ounce) beer
1/2 cup raisins

In a heavy saucepan, beat the eggs. Add the milk, sugar, tapioca, nutmeg and salt. Let stand for 5 minutes.

Cook on simmer, stirring constantly. Gradually add the beer, continuing to stir.

Add the raisins. Cook and stir just until it reaches a boil.

Pour into dessert dishes and serve.

Per Serving (excluding unknown items): 1089 Calories; 21g Fat (18.0% calories from fat); 26g Protein; 186g Carbohydrate; 4g Dietary Fiber; 465mg Cholesterol; 573mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 4 Fruit; 1 Non-Fat Milk; 2 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1089
% Calories from Fat:	18.0%
% Calories from Carbohydrates:	71.9%
% Calories from Protein:	10.1%
Total Fat (g):	21g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	465mg
Carbohydrate (g):	186g
Dietary Fiber (g):	4g
Protein (g):	26g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	87mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	146
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2

Sodium (mg): 573mg
Potassium (mg): 1234mg
Calcium (mg): 473mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 879IU
Vitamin A (r.e.): 256 1/2RE

Vegetable: 0
Fruit: 4
Non-Fat Milk: 1
Fat: 2 1/2
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 1089 **Calories from Fat:** 196

% Daily Values*

Total Fat	21g	32%
Saturated Fat	10g	48%
Cholesterol	465mg	155%
Sodium	573mg	24%
Total Carbohydrates	186g	62%
Dietary Fiber	4g	15%
Protein	26g	
Vitamin A		18%
Vitamin C		9%
Calcium		47%
Iron		20%

* Percent Daily Values are based on a 2000 calorie diet.