

Super Easy Chinese Mango Sago Dessert

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mango-tapioca-dessert-recipe>

Ingredients:

- 1 13/16 cups mango flesh from one large and ripe mango
- 3/4 cup evaporated milk See notes 1
- 1 tablespoon honey or more as needed. See notes 2
- 4 cups water
- 1/2 cup tapioca small, /sago pearls

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 15 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 60 milligrams
9. Sugar: 16 grams

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