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### Tapioca seeds

Tapioca is a starch from the tropical, gluten-free plant of the same name. So very healthy and digestible. Among the various flours that we can use for the preparation of dishes, one of those to prefer is without anything else the tapioca, very well known in other parts of the world.

Native to South America, tapioca is a rich source of Carbohydrates, while Fats and Proteins are almost entirely absent. Among the Mineral Salts it contains mainly Potassium and Calcium, and small amounts of Iron, Magnesium, Zinc and Phosphorus. Among the Vitamins, we remember the presence of some of those of group B, including folates, in addition to small amounts of choline, a molecule similar to Vitamin B with an anti-cholesterol action, also useful for memory. The tapioca also contains saponins indicated against inflammation and to facilitate the elimination of uric acids.

### Nutritional values per 100gr of Tapioca

Calories - 358  
Carbohydrates - 88.69g  
Fat - 0.02g  
Protein - 0.19g  
Fiber - 0.9g  
Calcium - 20mg  
Potassium - 11mg

### How to use it in the kitchen

Tapioca is similar to potato starch or corn starch and can be used in the kitchen in the same way, that is, to thicken soups, velvety and creams, to make meatballs, for puddings to other similar sweets, to give softness to baked goods and also in the preparation of bread. It is also used for products for celiac, as mentioned it does not contain Gluten.