



WHATSheATE



## Black-and-White Coconut Rice Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

DESSERT

### Ingredients



0.5 cup rice black



0.5 cup jasmine rice



1 pinch nutmeg freshly grated



1 cup pineapple fresh diced finely



0.3 cup sugar



1 cup coconut milk unsweetened



1.3 cups coconut milk unsweetened



0.5 teaspoon vanilla extract pure

- ☐ 2 cups water
- ☐ 2.5 cups water

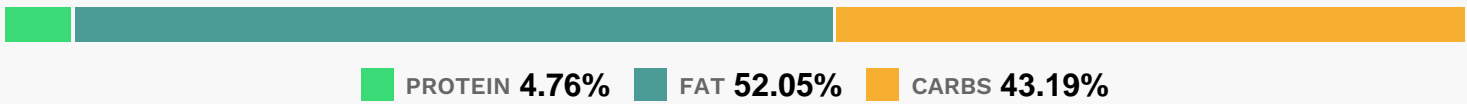
## Equipment

- ☐ sauce pan

## Directions

- ☐ MAKE THE BLACK RICE PUDDING: In a medium saucepan, combine the black rice and water and bring to a boil. Cover and simmer over low heat until the water has been absorbed and the rice is almost tender, about 40 minutes.
- ☐ Add the coconut milk and simmer, stirring occasionally, until the rice is tender and pudding-like, about 12 minutes. Stir in the sugar and vanilla and let cool to room temperature.
- ☐ MEANWHILE, MAKE THE JASMINE RICE PUDDING: In a medium saucepan, combine the jasmine rice and water and bring to a boil. Cover and simmer over low heat until the water is absorbed and the rice is tender, about 25 minutes.
- ☐ Add 1 cup of the coconut milk and the sugar and simmer, stirring occasionally, until the rice is thickened, about 1 hour. Stir in the diced pineapple, nutmeg and the remaining 1/4 cup of coconut milk and let the jasmine rice pudding cool to room temperature.
- ☐ Layer the puddings in 4 glasses, alternating 3 layers of jasmine rice with 2 layers of black rice.
- ☐ Serve at room temperature or slightly chilled.
- ☐ Make Ahead: The layered puddings can be refrigerated overnight.
- ☐ Let stand at room temperature for 20 minutes or longer before serving.

## Nutrition Facts



## Properties

Glycemic Index:64.99, Glycemic Load:22.74, Inflammation Score:-4, Nutrition Score:15.589130496201%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 551.97kcal (27.6%), Fat: 33.14g (50.98%), Saturated Fat: 28.73g (179.56%), Carbohydrates: 61.87g (20.62%), Net Carbohydrates: 57.16g (20.79%), Sugar: 21.41g (23.78%), Cholesterol: 0mg (0%), Sodium: 36.96mg (1.61%), Alcohol: 0.17g (100%), Alcohol %: 0.04% (100%), Protein: 6.81g (13.63%), Manganese: 2.75mg (137.25%), Vitamin C: 23.5mg (28.49%), Copper: 0.57mg (28.29%), Selenium: 17.39µg (24.85%), Phosphorus: 242.46mg (24.25%), Magnesium: 96.93mg (24.23%), Fiber: 4.71g (18.84%), Iron: 2.87mg (15.96%), Vitamin B3: 2.78mg (13.92%), Potassium: 480.04mg (13.72%), Vitamin B6: 0.25mg (12.35%), Vitamin B1: 0.18mg (11.84%), Zinc: 1.71mg (11.38%), Vitamin B5: 0.91mg (9.15%), Folate: 35.69µg (8.92%), Calcium: 47.38mg (4.74%), Vitamin E: 0.51mg (3.42%), Vitamin B2: 0.05mg (2.88%)