



## Black Rice Pudding

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

DESSERT

### Ingredients

- 1 cup rice sweet black (glutinous)
- 0.5 cup firmly brown sugar packed chopped
- 14 oz coconut milk canned
- 1.5 cups litchis fresh canned drained
- 12 servings salt
- 0.8 cup rice sweet white (glutinous)

### Equipment

- bowl

frying pan

sieve

## Directions

Place black and white rice in a fine strainer and rinse well under cool running water until water runs clear.

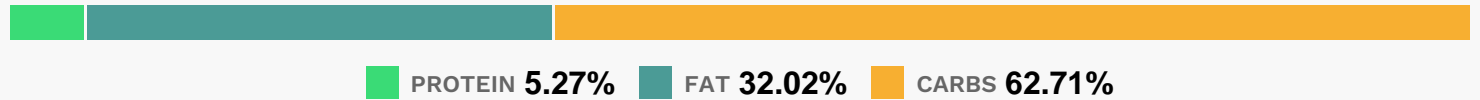
Place rice in a 2- to 3-quart pan and add 5 cups water. Bring to a boil over high heat; reduce heat and simmer, uncovered, until rice is tender to bite, stirring occasionally, 18 to 20 minutes. If rice begins to stick, stir in a little more water.

Mix sugar and 1/4 cup hot water. Stir into rice.

Add salt to taste.

Serve the rice pudding warm or at room temperature. Spoon the pudding into stemmed glasses or small bowls. Stir the coconut milk and pour it equally over portions. Top each serving with fruit and a small scoop of coconut ice cream.

## Nutrition Facts



## Properties

Glycemic Index:5.1, Glycemic Load:5.56, Inflammation Score:-2, Nutrition Score:7.583478178667%

## Nutrients (% of daily need)

Calories: 229.67kcal (11.48%), Fat: 8.4g (12.92%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 35.29g (12.83%), Sugar: 14.58g (16.2%), Cholesterol: 0mg (0%), Sodium: 203.27mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Manganese: 1.03mg (51.42%), Vitamin C: 22.07mg (26.75%), Selenium: 7.81µg (11.16%), Phosphorus: 107.24mg (10.72%), Magnesium: 40.96mg (10.24%), Copper: 0.2mg (10.22%), Vitamin B3: 1.41mg (7.05%), Fiber: 1.71g (6.85%), Iron: 1.02mg (5.67%), Potassium: 197.46mg (5.64%), Vitamin B6: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.66mg (4.42%), Vitamin B5: 0.42mg (4.2%), Folate: 10.43µg (2.61%), Vitamin B2: 0.04mg (2.31%), Calcium: 21.28mg (2.13%), Vitamin E: 0.25mg (1.65%)