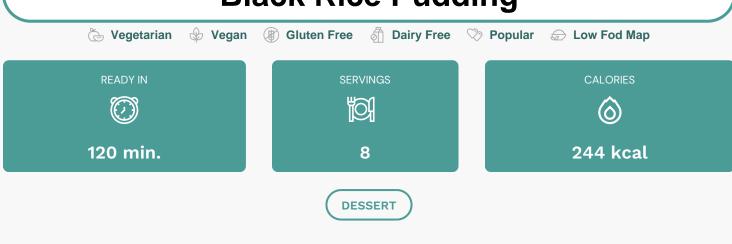


# **Black Rice Pudding**



### **Ingredients**

1 cup rice blac	k
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0.5 cup sugar

13.5 oz coconut milk unsweetened well canned

## **Equipment**

bowl

sauce pan

### **Directions**

	Bring rice, 3 cups water, and 1/4 teaspoon salt to a boil in a 3- to 4-quart heavy saucepan,	
	then reduce heat to low and simmer, covered with a tight-fitting lid, 45 minutes (rice will be	
	cooked but still wet). Stir in sugar, a scant 1/4 teaspoon salt, and 1 1/2 cups coconut milk and	
	bring to a boil over high heat, then reduce heat to low and simmer, uncovered, stirring	
	occasionally, until mixture is thick and rice is tender but still slightly chewy, about 30 minutes	
	Remove from heat and cool to warm or room temperature, stirring occasionally, at least 30 minutes. Just before serving, stir pudding and divide among 8 bowls. Stir remaining coconut milk and drizzle over pudding.	
	Rice pudding keeps, covered and chilled, 5 days.	
Nutrition Foots		

### Nutrition Facts

PROTEIN 4.64% FAT 43.14% CARBS 52.22%

#### **Properties**

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:7.4795651111914%

#### Nutrients (% of daily need)

Calories: 243.72kcal (12.19%), Fat: 12.1g (18.62%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 31.1g (11.31%), Sugar: 14.27g (15.85%), Cholesterol: Omg (0%), Sodium: 8.92mg (0.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.93g (5.86%), Manganese: 1.3mg (65.21%), Magnesium: 50.77mg (12.69%), Phosphorus: 124.85mg (12.48%), Selenium: 8.45µg (12.07%), Copper: 0.19mg (9.61%), Vitamin B3: 1.54mg (7.7%), Fiber: 1.86g (7.45%), Vitamin B1: 0.11mg (7.01%), Vitamin B6: 0.13mg (6.67%), Iron: 1.13mg (6.28%), Zinc: 0.79mg (5.26%), Potassium: 177.64mg (5.08%), Vitamin B5: 0.43mg (4.33%), Folate: 12.28µg (3.07%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.34mg (1.62%), Vitamin B2: 0.02mg (1.4%), Calcium: 13.1mg (1.31%)