



## Black Rice Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



244 kcal

DESSERT

### Ingredients



1 cup rice black



0.5 cup sugar



13.5 oz coconut milk unsweetened well canned

### Equipment



bowl



sauce pan

- 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.

Macronutrient	Percentage
PROTEIN	4.64%
FAT	43.14%
CARBS	52.22%

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

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: 0mg (0%), Sodium: 8.92mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (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%)