



HEALTH SCORE

61%

Chai Rice Pudding



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1 cups adzuki beans cooked
- ☐ 4 servings cashew pieces sliced chopped for garnish (optional, omit for nut-free)
- ☐ 8 peppercorns whole black
- ☐ 6 to 8 cardamom pods green
- ☐ 2 cinnamon sticks
- ☐ 2 cups vanilla coconut milk beverage unsweetened so delicious®
- ☐ 3 slices ginger fresh thin
- ☐ 4 servings ground cinnamon for garnish

- ☐ 0.3 cup maple syrup
- ☐ 1 pinch salt
- ☐ 1 cup short grain brown rice (preferred)
- ☐ 1 star anise
- ☐ 2 cups water
- ☐ 6 allspice whole

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the rice and water in a heavy-bottomed pan.
- ☐ Put the cinnamon sticks, star anise, ginger, cardamom, peppercorns, cloves, and allspice berries in a loose spice bag, close and place the bag in the pot. Set the pot over medium heat, cover, and bring the water to a boil.
- ☐ Remove cover, and add the adzuki beans. Continue to cook, and check in to stir often. When the water is absorbed, lower the heat and add the coconut milk beverage gradually, 1/2 cup at a time, stirring from time to time until the milk is all absorbed.
- ☐ Remove the spice bag and large spices, and stir in the maple syrup and salt.
- ☐ Serve topped with a dusting of cinnamon and sliced almonds or chopped cashews, if desired.

Nutrition Facts



Properties

Glycemic Index:46.81, Glycemic Load:26.52, Inflammation Score:-7, Nutrition Score:22.487391403188%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.67kcal (18.53%), Fat: 4.42g (6.8%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 75.74g (25.25%),
Net Carbohydrates: 66.25g (24.09%), Sugar: 15.64g (17.38%), Cholesterol: 0mg (0%), Sodium: 25.33mg (1.1%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin D: 59µg (393.33%), Manganese: 4.22mg
(211.04%), Fiber: 9.49g (37.95%), Magnesium: 139.88mg (34.97%), Vitamin B12: 1.48µg (24.58%), Phosphorus:
243.25mg (24.32%), Folate: 92.32µg (23.08%), Vitamin B1: 0.3mg (19.75%), Vitamin B2: 0.33mg (19.65%), Zinc:
2.82mg (18.81%), Copper: 0.37mg (18.62%), Iron: 2.97mg (16.51%), Vitamin B6: 0.33mg (16.44%), Calcium: 162.67mg
(16.27%), Potassium: 556.49mg (15.9%), Vitamin B3: 2.73mg (13.64%), Vitamin B5: 1.02mg (10.2%), Vitamin E:
0.35mg (2.33%), Vitamin K: 1.5µg (1.43%), Selenium: 0.88µg (1.26%), Vitamin C: 0.96mg (1.16%)