



Chocolate Coconut and Pecan Rice Pudding with Caramel Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



661 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar loosely packed
- ☐ 1 tablespoon cocoa powder
- ☐ 0.3 cup coconut or toasted
- ☐ 1 tablespoon dairy-free margarine
- ☐ 0.3 cup so delicious dairy free original coffee creamer
- ☐ 1.3 cups so delicious dairy free coconut milk beverage unsweetened
- ☐ 0.3 cup pecans

- ☐ 0.3 cup rice
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

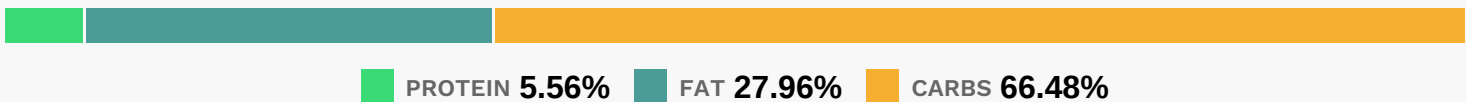
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Add all ingredients into a pot, mixing well. Bring to a boil. Reduce to a simmer and cover, cooking about 12 minutes or until rice is fully cooked through.
- ☐ Serve warm or cold, garnished with caramel, extra pecans, coconut and shaved chocolate.
- ☐ Combine water and sugar in a pot over medium low, stirring until sugar is dissolved.Bring heat up to medium high and cook for another couple minutes until sugar starts to brown. At this point whisk in coconut milk creamer, vanilla and margarine. Cook for another 2 minutes.
- ☐ Remove from heat and cool.Keep refrigerated up to a week.

Nutrition Facts



Properties

Glycemic Index:109.05, Glycemic Load:51.66, Inflammation Score:-7, Nutrition Score:19.576086915058%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 660.93kcal (33.05%), Fat: 21.01g (32.33%), Saturated Fat: 5.53g (34.53%), Carbohydrates: 112.42g (37.47%), Net Carbohydrates: 108.3g (39.38%), Sugar: 82.44g (91.6%), Cholesterol: 0mg (0%), Sodium: 146.87mg (6.39%), Alcohol: 0.52g (100%), Alcohol %: 0.2% (100%), Caffeine: 5.75mg (1.92%), Protein: 9.4g (18.81%), Manganese: 1.16mg (58.07%), Vitamin E: 6.05mg (40.32%), Vitamin B3: 6.61mg (33.05%), Vitamin B12: 1.91µg (31.86%), Copper: 0.59mg (29.61%), Calcium: 293.64mg (29.36%), Vitamin B6: 0.51mg (25.45%), Vitamin B2: 0.4mg (23.67%), Vitamin A: 969.87IU (19.4%), Fiber: 4.12g (16.49%), Folate: 65.5µg (16.38%), Vitamin C: 13.21mg (16.01%), Selenium: 11.19µg (15.99%), Vitamin B1: 0.22mg (14.78%), Vitamin D: 2.12µg (14.16%), Potassium: 451.12mg (12.89%), Iron: 2.24mg (12.44%), Zinc: 1.62mg (10.79%), Magnesium: 41.16mg (10.29%), Phosphorus: 100.86mg (10.09%), Vitamin B5: 0.49mg (4.93%), Vitamin K: 4.43µg (4.22%)