



Coconut Brown Rice Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

Ingredients



1 cup brown rice sweet (see Notes)



3 cans coconut milk light



0.5 teaspoon salt



0.5 cup sugar

Equipment

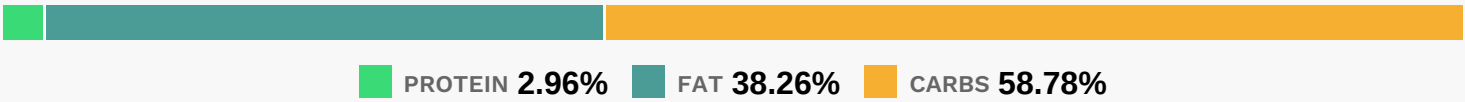


sauce pan

Directions

- ☐ In a heavy-bottomed 3-qt. saucepan over medium heat, bring coconut milk, rice, sugar, and salt to a gentle boil. Partially cover and reduce heat to maintain a gentle simmer. Cook, stirring occasionally, until rice is tender to the bite and liquid thickens, about 2 hours.
- ☐ Serve warm, at room temperature, or chilled.
- ☐ Garnish with fruit if you like.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:18.88, Inflammation Score:-1, Nutrition Score:4.2339131022277%

Nutrients (% of daily need)

Calories: 253.47kcal (12.67%), Fat: 10.22g (15.72%), Saturated Fat: 9.67g (60.42%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 34.5g (12.55%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 265.79mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Manganese: 0.89mg (44.49%), Magnesium: 33.97mg (8.49%), Vitamin B1: 0.1mg (6.54%), Phosphorus: 62.7mg (6.27%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.02mg (5.12%), Vitamin B5: 0.35mg (3.55%), Copper: 0.07mg (3.34%), Fiber: 0.81g (3.23%), Zinc: 0.48mg (3.21%), Iron: 0.44mg (2.42%), Potassium: 63.93mg (1.83%), Folate: 4.75µg (1.19%)