



## Coconut-Caramel Rice Pudding

 Vegetarian  Gluten Free  Very Healthy

READY IN



300 min.

SERVINGS



1

CALORIES



2966 kcal

DESSERT

### Ingredients

- 11 oz caramels kraft
- 3 cups rice long-grain white cooled cooked
- 0.5 cup baker's angel flake coconut
- 6 cups milk

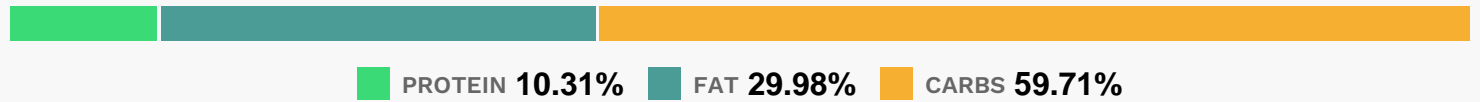
### Equipment

- bowl
- sauce pan

## Directions

- Bring milk to boil in large saucepan. Reduce heat to medium-low. Gradually stir in rice.
- Add caramels in small batches, cook and stir 5 to 7 min. or until caramels are completely melted and mixture is well blended before adding next batch. After all caramels are added, cook pudding until thickened, stirring constantly.
- Remove from heat. Stir in coconut.
- Pour into serving bowl; cool completely.
- Refrigerate 3 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:212, Glycemic Load:325.53, Inflammation Score:-9, Nutrition Score:60.917825999467%

## Nutrients (% of daily need)

Calories: 2966.35kcal (148.32%), Fat: 100.86g (155.17%), Saturated Fat: 59.65g (372.79%), Carbohydrates: 452.07g (150.69%), Net Carbohydrates: 443.24g (161.18%), Sugar: 278.04g (308.93%), Cholesterol: 197.51mg (65.84%), Sodium: 1340.8mg (58.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.04g (156.08%), Calcium: 2289.52mg (228.95%), Phosphorus: 2125.51mg (212.55%), Manganese: 3.5mg (174.84%), Vitamin B2: 2.92mg (171.93%), Vitamin B12: 8.84µg (147.35%), Selenium: 76.84µg (109.77%), Vitamin D: 16.1µg (107.36%), Vitamin B5: 9.58mg (95.83%), Potassium: 3260.02mg (93.14%), Vitamin B1: 1.26mg (84.09%), Vitamin B6: 1.64mg (81.8%), Magnesium: 323.82mg (80.96%), Zinc: 10.55mg (70.34%), Vitamin A: 2502.65IU (50.05%), Copper: 0.74mg (36.81%), Fiber: 8.82g (35.29%), Vitamin B3: 4.15mg (20.76%), Vitamin E: 2.54mg (16.95%), Iron: 2.8mg (15.53%), Vitamin K: 10.13µg (9.65%), Folate: 30.52µg (7.63%), Vitamin C: 1.88mg (2.28%)