



WHATSheATe



Coconut-Mango Rice Pudding



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



767 kcal

DESSERT

Ingredients

- ☐ 2 cups arborio rice
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 2 mangos ripe peeled cut into 1/4-inch cubes (see notes above)
- ☐ 6 servings salt
- ☐ 1.5 cups sugar
- ☐ 14.5 ounce coconut milk unsweetened canned (see Notes above)
- ☐ 1 teaspoon vanilla extract
- ☐ 6 cups water

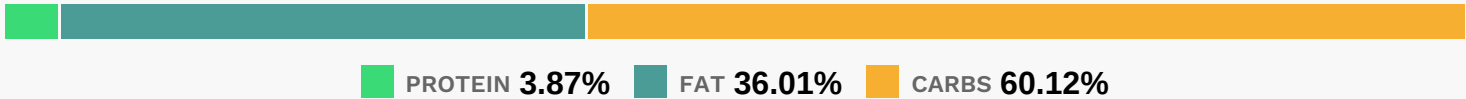
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Bring water to boil in large saucepan.
- ☐ Add rice and 1/2 teaspoon salt and simmer over medium heat, stirring from time to time, until rice is tender and creamy, 15 to 20 minutes.
- ☐ Reduce heat to medium-low. Stir in 1 1/2 cups sugar and coconut milk. Simmer, stirring from time to time, until rice is thickened, about 15 minutes.
- ☐ Transfer rice pudding to large baking dish and cool completely, about 30 minutes.
- ☐ Once rice pudding is cooled, whisk cream, remaining 2 tablespoons sugar, and vanilla until soft peaks form, 2 to 3 minutes. Fold whipped cream and mango into rice pudding.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:81.43, Inflammation Score:-8, Nutrition Score:18.015217262766%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 766.93kcal (38.35%), Fat: 31.39g (48.3%), Saturated Fat: 23.74g (148.35%), Carbohydrates: 117.92g (39.31%), Net Carbohydrates: 113.45g (41.25%), Sugar: 62.88g (69.87%), Cholesterol: 44.82mg (14.94%), Sodium:

228.52mg (9.94%), Alcohol: 0.23g (100%), Alcohol %: 0.05% (100%), Protein: 7.59g (15.19%), Manganese: 1.37mg (68.34%), Folate: 196.22µg (49.05%), Vitamin C: 27.27mg (33.06%), Vitamin B1: 0.42mg (28.12%), Vitamin A: 1329.68IU (26.59%), Selenium: 16.22µg (23.17%), Iron: 4.12mg (22.9%), Copper: 0.45mg (22.26%), Vitamin B3: 3.75mg (18.76%), Fiber: 4.48g (17.91%), Phosphorus: 164.55mg (16.46%), Magnesium: 52.81mg (13.2%), Vitamin B5: 1.22mg (12.21%), Vitamin B6: 0.23mg (11.64%), Potassium: 386.48mg (11.04%), Zinc: 1.38mg (9.2%), Vitamin B2: 0.14mg (8.41%), Vitamin E: 1.09mg (7.26%), Calcium: 54.52mg (5.45%), Vitamin D: 0.63µg (4.23%), Vitamin K: 4.24µg (4.03%), Vitamin B12: 0.06µg (1.06%)