



 1%
HEALTH SCORE

Coconut Milk Rice Pudding

 Vegetarian  Gluten Free

READY IN



370 min.

SERVINGS



12

CALORIES



674 kcal

DESSERT

Ingredients

- 1 stick butter
- 0.5 cup candied orange peel
- 4 cups coconut milk
- 2 cups rice long grain
- 0.5 cup pistachios finely chopped
- 2 tablespoons rosewater
- 0.3 teaspoon saffron threads hot
- 4 cups sugar

0.3 cup vegetable oil

Equipment

food processor

bowl

pot

Directions

Soak the rice in 2 cups water for 1 hour.

Drain and pour the rice into a food processor. Grind until broken up but not powdered.

Pour into a pot with 4 cups water and add the oil. Bring to a boil and cook 20 minutes, stirring continuously.

Mix 3 cups water, 2 cups coconut milk and the sugar in a bowl.

Let stand to dissolve, 20 minutes.

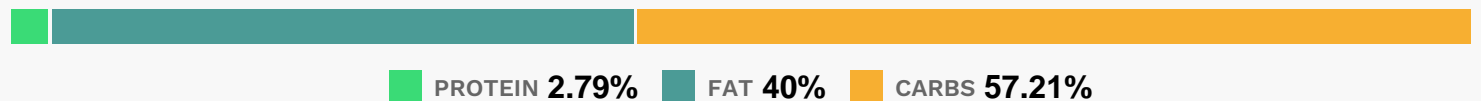
Incorporate the sugar mixture and half the butter to the rice, stirring over medium heat. After 5 minutes, add the remaining 2 cups coconut milk, the remaining butter, the saffron and rose water. Simmer until the rice is cooked and has a thick consistency, 15 more minutes.

Remove from the heat and pour into a serving bowl, stirring to cool.

Place in the refrigerator for 4 hours to set.

Garnish with pistachios and candied orange peel.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:63.59, Inflammation Score:-3, Nutrition Score:8.0704347063666%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,

Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 674.22kcal (33.71%), Fat: 30.99g (47.68%), Saturated Fat: 20.12g (125.77%), Carbohydrates: 99.75g (33.25%), Net Carbohydrates: 98.73g (35.9%), Sugar: 72.01g (80.01%), Cholesterol: 20.25mg (6.75%), Sodium: 78.73mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Manganese: 0.99mg (49.3%), Iron: 2.98mg (16.56%), Copper: 0.31mg (15.45%), Phosphorus: 135.47mg (13.55%), Magnesium: 49.01mg (12.25%), Vitamin K: 9.06µg (8.63%), Vitamin B6: 0.16mg (7.95%), Selenium: 5.55µg (7.92%), Potassium: 260.86mg (7.45%), Zinc: 0.89mg (5.93%), Vitamin B1: 0.08mg (5.55%), Vitamin B3: 1.04mg (5.22%), Vitamin A: 257.79IU (5.16%), Vitamin E: 0.74mg (4.96%), Vitamin B5: 0.46mg (4.65%), Fiber: 1.03g (4.12%), Folate: 15.91µg (3.98%), Calcium: 31.63mg (3.16%), Vitamin B2: 0.04mg (2.3%), Vitamin C: 1.04mg (1.26%)