



Coconut Red Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

Ingredients

- 1 cup heavy cream
- 0.5 pound rice red
- 8 servings salt
- 0.5 cup sugar
- 13.5 ounce coconut milk unsweetened canned
- 0.5 vanilla pod split
- 4 cups water

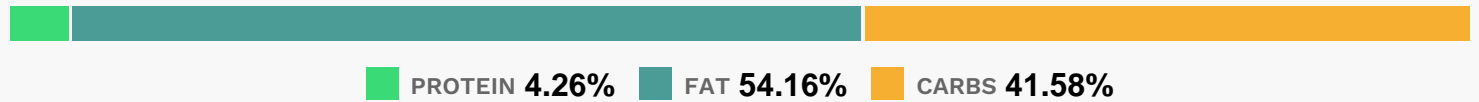
Equipment

sauce pan

Directions

- In a medium saucepan, combine the water and red rice and bring to a boil.
- Add a large pinch of salt, cover and cook over low heat until just tender, about 20 minutes. Uncover and simmer, stirring occasionally, over moderately low heat for 10 minutes.
- Add the coconut milk and simmer until the liquid becomes very thick, about 35 minutes.
- Meanwhile, in a small saucepan, combine the heavy cream and vanilla bean and bring to a simmer. Cook for 3 minutes, then remove from the heat, cover and let steep for 20 minutes. Scrape the seeds from the vanilla bean into the cream; discard the bean.
- Stir the sugar into the cream until dissolved. Stir the cream into the rice and let stand, covered, for 30 minutes.
- Serve warm.
- Make Ahead: The red rice pudding can be refrigerated overnight. Reheat gently before serving.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:22.37, Inflammation Score:-3, Nutrition Score:6.1743479474731%

Nutrients (% of daily need)

Calories: 363.52kcal (18.18%), Fat: 22.4g (34.46%), Saturated Fat: 16.99g (106.17%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 37.27g (13.55%), Sugar: 14.98g (16.64%), Cholesterol: 33.62mg (11.21%), Sodium: 216.46mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Manganese: 0.75mg (37.4%), Selenium: 8.21µg (11.74%), Copper: 0.21mg (10.64%), Phosphorus: 97.7mg (9.77%), Vitamin A: 437.33IU (8.75%), Magnesium: 28.06mg (7.01%), Iron: 1.05mg (5.83%), Fiber: 1.42g (5.68%), Potassium: 186.97mg (5.34%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.45mg (4.51%), Vitamin B2: 0.07mg (4.25%), Vitamin B3: 0.84mg (4.18%), Calcium: 39.02mg (3.9%), Vitamin B6: 0.07mg (3.63%), Vitamin D: 0.48µg (3.17%), Folate: 11.11µg (2.78%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.52mg (1.84%)