



## Coconut Rice Pudding Brulee

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1052 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 cinnamon sticks
- ☐ 0.5 tablespoon coconut extract
- ☐ 3 cups coconut milk
- ☐ 1 cup heavy cream
- ☐ 0.3 cup brown sugar light
- ☐ 1 cup milk
- ☐ 1 pinch salt

- ☐ 1.5 cups sugar
- ☐ 12 oz condensed milk sweetened canned
- ☐ 1 cup coconut flakes unsweetened
- ☐ 2 cups water
- ☐ 1 cup rice long-grain white washed

## Equipment

- ☐ sauce pan
- ☐ pot
- ☐ ramekin
- ☐ baking pan
- ☐ wooden spoon
- ☐ broiler

## Directions

- ☐ In a small pot, add water and cinnamon sticks, bring to a boil and cook for 10 minutes. Set aside and discard cinnamon sticks.
- ☐ Place the rice and the cinnamon water in a large saucepan, over medium heat and cook for 5 minutes.
- ☐ Add salt, butter, 1 cup milk, coconut extract, 1 cup coconut milk and sugar. Stir well to mix and cook uncovered for approximately 15 to 20 minutes.Reduce heat to medium-low.
- ☐ Add the remaining coconut milk, heavy cream and condensed milk. Stir with a wooden spoon. Cook for 1 hour and 15 minutes, or until the rice pudding thickens to desire consistency.
- ☐ Add the coconut flakes.Stir well and remove from heat, and let it cool at room temperature. The consistency should be very creamy. Divide the rice pudding evenly into 6 ramekins. Refrigerate for a least 1 hour or overnight.Just before serving, preheat the broiler and top each ramekin with 1 tablespoon of brown sugar.
- ☐ Put the ramekins in a baking pan filled with water and broil the custard for 2 minutes, or until golden brown.
- ☐ Serve and Enjoy!

## Nutrition Facts



 **PROTEIN 4.62%**  **FAT 47.98%**  **CARBS 47.4%**

## Properties

Glycemic Index:63.71, Glycemic Load:72.39, Inflammation Score:-6, Nutrition Score:19.068260845931%

## Nutrients (% of daily need)

Calories: 1051.64kcal (52.58%), Fat: 57.98g (89.19%), Saturated Fat: 44.93g (280.84%), Carbohydrates: 128.88g (42.96%), Net Carbohydrates: 124.93g (45.43%), Sugar: 97g (107.78%), Cholesterol: 79.01mg (26.34%), Sodium: 164.32mg (7.14%), Alcohol: 0.42g (100%), Alcohol %: 0.12% (100%), Protein: 12.55g (25.1%), Manganese: 2.02mg (100.89%), Phosphorus: 383.83mg (38.38%), Calcium: 307.53mg (30.75%), Iron: 4.9mg (27.23%), Selenium: 18.2µg (25.99%), Magnesium: 98.37mg (24.59%), Vitamin B2: 0.41mg (24.06%), Copper: 0.48mg (23.83%), Potassium: 700.28mg (20.01%), Vitamin A: 923.87IU (18.48%), Fiber: 3.95g (15.8%), Zinc: 2.11mg (14.09%), Vitamin B5: 1.31mg (13.07%), Vitamin B6: 0.2mg (10.07%), Vitamin B1: 0.14mg (9.17%), Vitamin B12: 0.54µg (9.01%), Vitamin D: 1.2µg (7.97%), Vitamin B3: 1.54mg (7.69%), Folate: 27.79µg (6.95%), Vitamin E: 0.73mg (4.9%), Vitamin C: 3.14mg (3.81%), Vitamin K: 2.86µg (2.72%)