



## Coconut Rice Puddings with Crispy Coconut



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



554 kcal

DESSERT

### Ingredients

- ☐ 2.5 cups coconut shavings unsweetened (coconut chips; 4 ounces)
- ☐ 14 ounce regular coconut milk unsweetened canned
- ☐ 1 large egg white
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup short-grain long-grain (such as arborio or jasmine)
- ☐ 0.7 cup sugar
- ☐ 28 ounce coconut milk light unsweetened canned
- ☐ 0.7 cup coconut or shredded unsweetened

- ☐ 0.5 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract

## Equipment

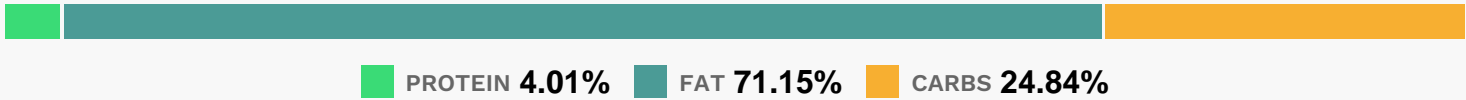
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ microwave

## Directions

- ☐ Preheat oven to 300°F. Line rimmed baking sheet with parchment paper.
- ☐ Whisk egg white, sugar, vanilla, and salt in medium bowl to blend.
- ☐ Add coconut shavings and toss until evenly moistened.
- ☐ Spread coconut mixture evenly on prepared baking sheet.
- ☐ Bake until coconut is light golden and beginning to crisp, stirring and turning frequently, about 22 minutes. Cool on baking sheet. DO AHEAD: Can be made 2 days ahead. Store in airtight container at room temperature.
- ☐ Combine light coconut milk, regular coconut milk, sugar, shredded coconut, rice, and 3/4 teaspoon salt in heavy large saucepan. If using vanilla bean, scrape in seeds from bean; add bean to saucepan. Bring mixture to simmer over medium heat, stirring occasionally. Adjust heat so that mixture is barely simmering; cover partially and cook until liquid is slightly translucent and pudding is thickened to consistency of loose oatmeal, stirring and scraping bottom and sides of pan frequently, about 45 minutes.
- ☐ Remove vanilla bean, if using, or stir in vanilla extract.
- ☐ Divide pudding among ten 3/4-cup ramekins or dessert glasses. DO AHEAD: Can be made 6 hours ahead. Cover and refrigerate. If desired, rewarm in microwave just until heated through.

- before serving.
- ☐ Sprinkle crispy coconut over puddings.
  - ☐ Serve warm or at room temperature.
  - ☐ \* Available at specialty foods stores and natural foods stores.\*\* Available at many supermarkets and at Indian, Southeast Asian, and Latin markets.

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:15.24, Inflammation Score:-3, Nutrition Score:12.891739233842%

## Nutrients (% of daily need)

Calories: 553.81kcal (27.69%), Fat: 46.18g (71.05%), Saturated Fat: 40.85g (255.32%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 29.03g (10.56%), Sugar: 19.37g (21.52%), Cholesterol: 0mg (0%), Sodium: 208.68mg (9.07%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 5.85g (11.71%), Manganese: 1.98mg (99.01%), Fiber: 7.25g (29.02%), Copper: 0.56mg (28.22%), Selenium: 15.06µg (21.52%), Phosphorus: 190.31mg (19.03%), Magnesium: 72.24mg (18.06%), Iron: 2.97mg (16.52%), Potassium: 482.44mg (13.78%), Zinc: 1.49mg (9.91%), Vitamin B6: 0.14mg (7.1%), Vitamin B3: 1.27mg (6.36%), Vitamin B5: 0.57mg (5.69%), Folate: 22.64µg (5.66%), Vitamin C: 3.75mg (4.54%), Vitamin B1: 0.06mg (3.75%), Calcium: 30.14mg (3.01%), Vitamin B2: 0.05mg (2.99%), Vitamin E: 0.31mg (2.09%)