



Creamy Coconut Milk Rice Pudding

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 1.5 cups rice
- ☐ 3 cups coconut milk
- ☐ 2 eggs beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 15 ounce peaches drained sliced chopped canned
- ☐ 1 cup raisins to taste
- ☐ 1.5 cups sugar raw

- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup butter unsalted
- ☐ 1 tablespoon vanilla extract
- ☐ 3 cups water
- ☐ 1 cup milk whole

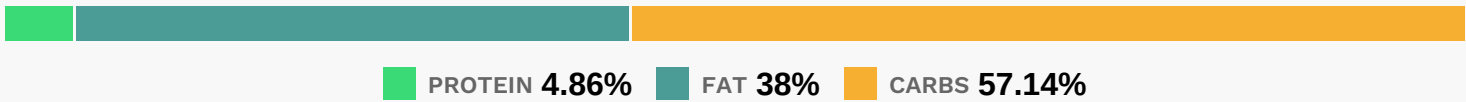
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and liquid has been absorbed, about 20 minutes.
- ☐ Combine rice, coconut milk, sugar, and salt in a large saucepan; bring to a boil. Reduce heat and simmer until pudding is thick and creamy, 18 to 20 minutes. Stir milk and eggs into pudding, stirring constantly to keep pudding from sticking, at least 2 minutes.
- ☐ Remove pudding from heat and stir butter, vanilla, cinnamon, and nutmeg into pudding until thoroughly mixed. Fold peaches and raisins into pudding.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:23.26, Inflammation Score:-4, Nutrition Score:9.6608696243037%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 489.03kcal (24.45%), Fat: 21.14g (32.52%), Saturated Fat: 16.61g (103.79%), Carbohydrates: 71.5g (23.83%), Net Carbohydrates: 69.26g (25.18%), Sugar: 34.8g (38.66%), Cholesterol: 47.87mg (15.96%), Sodium: 163.09mg (7.09%), Alcohol: 0.45g (100%), Alcohol %: 0.19% (100%), Protein: 6.09g (12.17%), Manganese: 0.98mg (49.18%), Iron: 3.29mg (18.26%), Phosphorus: 161.72mg (16.17%), Copper: 0.32mg (15.76%), Magnesium: 52.05mg (13.01%), Selenium: 8.41µg (12.01%), Potassium: 415.76mg (11.88%), Fiber: 2.24g (8.95%), Vitamin B2: 0.13mg (7.68%), Vitamin A: 368.88IU (7.38%), Calcium: 72.36mg (7.24%), Vitamin B3: 1.43mg (7.14%), Zinc: 1.05mg (7.03%), Vitamin B5: 0.69mg (6.91%), Vitamin B6: 0.13mg (6.68%), Vitamin B1: 0.08mg (5.28%), Folate: 19.18µg (4.8%), Vitamin C: 3.23mg (3.91%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.53µg (3.53%), Vitamin K: 1.93µg (1.83%)