



Mango-Coconut Rice Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 14 oz coconut milk reduced-fat canned
- ☐ 1 cup jasmine rice
- ☐ 2 mangoes diced peeled
- ☐ 2 teaspoons rum
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup coconut or shredded sweetened

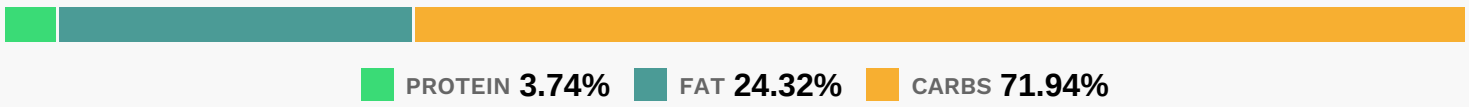
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ stove
- ☐ wax paper

Directions

- ☐ Preheat oven to 375F. Grease a shallow 2 1/2-quart baking dish.
- ☐ In a medium saucepan, bring 1 3/4 cups water to a boil. Stir in rice, cover, reduce heat and simmer until all water is absorbed, 20 to 25 minutes.
- ☐ Remove from heat.
- ☐ In a small saucepan, during last 5 minutes of cooking rice, bring coconut milk, sugar and salt to a boil over medium-high heat. Cook for 4 minutes. Turn off heat and stir in rum.
- ☐ Fluff rice with a fork.
- ☐ Pour coconut milk on top. Cover with wax paper; let rest for 30 minutes.
- ☐ Meanwhile, spread coconut in a single layer on a baking sheet and toast in oven, stirring frequently, until golden brown, 7 to 10 minutes.
- ☐ Let cool. (Coconut can be toasted up to 1 week ahead; store airtight.)
- ☐ Serve rice pudding at room temperature or warmed slightly on stove top, topped with a sprinkling of mango and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:31.26, Inflammation Score:-6, Nutrition Score:7.4491305403087%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 333.43kcal (16.67%), Fat: 8.92g (13.72%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 59.34g (19.78%), Net Carbohydrates: 57.32g (20.85%), Sugar: 31.15g (34.61%), Cholesterol: 0mg (0%), Sodium: 474.7mg (20.64%), Alcohol: 0.46g (100%), Alcohol %: 0.3% (100%), Protein: 3.09g (6.18%), Manganese: 0.66mg (33.11%), Vitamin C: 25.19mg (30.54%), Vitamin A: 746.58IU (14.93%), Selenium: 7.05µg (10.07%), Copper: 0.18mg (9.1%), Folate: 33.04µg (8.26%), Vitamin B6: 0.16mg (8.18%), Fiber: 2.01g (8.04%), Phosphorus: 57.24mg (5.72%), Potassium: 191.68mg (5.48%), Vitamin B5: 0.53mg (5.3%), Magnesium: 20.4mg (5.1%), Vitamin B3: 1.01mg (5.07%), Vitamin E: 0.7mg (4.66%), Zinc: 0.61mg (4.05%), Iron: 0.59mg (3.26%), Vitamin B1: 0.04mg (2.97%), Vitamin K: 2.96µg (2.82%), Vitamin B2: 0.05mg (2.82%), Calcium: 18.46mg (1.85%)