



Rice Pudding with Coconut Milk



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 28 ounce coconut milk divided canned
- ☐ 1 lime peeled
- ☐ 1 mangos diced
- ☐ 4 servings reserved rice from basil chicken recips cooked
- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract

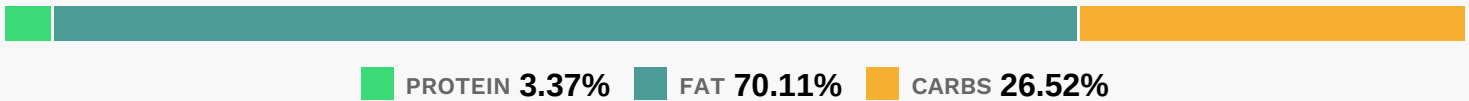
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium pot, stir together the rice, 1 1/2 cans coconut milk (reserve remaining coconut milk for Round 2 Recipe Coconut Chicken Soup), sugar, and lime peel.
- ☐ Put the pot over medium heat, bring it to a simmer, and cover. Cook until the pudding becomes very thick, 20 to 25 minutes.
- ☐ While the pudding is cooking, toast the shredded coconut in a dry skillet over medium heat until golden brown.
- ☐ After the pudding has cooled 10 minutes, stir in the vanilla.
- ☐ Serve the rice pudding topped with diced mango and sprinkled with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:4.48, Inflammation Score:-6, Nutrition Score:16.179565263831%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 596.88kcal (29.84%), Fat: 49.46g (76.1%), Saturated Fat: 43.7g (273.1%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 36.18g (13.16%), Sugar: 34.34g (38.16%), Cholesterol: 0mg (0%), Sodium: 50.63mg (2.2%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 5.34g (10.68%), Manganese: 2.02mg (100.79%), Vitamin C: 29.31mg (35.52%), Copper: 0.63mg (31.27%), Fiber: 5.93g (23.72%), Phosphorus: 216.67mg (21.67%), Magnesium: 84.44mg (21.11%), Iron: 3.69mg (20.47%), Selenium: 13.99µg (19.99%), Potassium: 671.91mg (19.2%), Folate: 56.06µg (14.01%), Vitamin A: 568.31IU (11.37%), Zinc: 1.51mg (10.1%), Vitamin B3: 1.96mg (9.77%), Vitamin B6: 0.16mg (7.95%),

Calcium: 59.42mg (5.94%), Vitamin B5: 0.58mg (5.77%), Vitamin E: 0.82mg (5.49%), Vitamin B1: 0.07mg (4.91%),
Vitamin K: 2.49µg (2.37%), Vitamin B2: 0.03mg (1.5%)