



Slow-Cooker Coconut Brown Rice Pudding

 Vegetarian  Gluten Free  Low Fod Map

READY IN



420 min.

SERVINGS



12

CALORIES



165 kcal

DESSERT

Ingredients

- 3 cups coconut water
- 0.5 teaspoon kosher salt
- 1 teaspoon lime zest finely grated
- 13.5 ounce lite coconut milk canned
- 1.3 cups short grain brown rice
- 0.5 cup sugar
- 2 tablespoons butter unsalted cut into small pieces
- 1 tablespoon vanilla extract

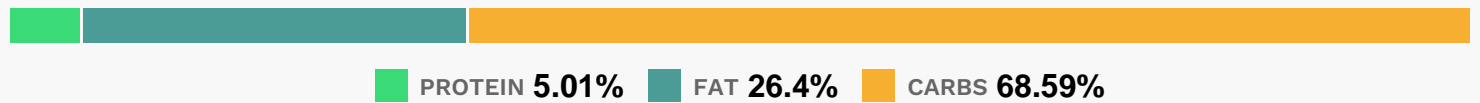
Equipment

- bowl
- slow cooker

Directions

- Mist a 5-to-6-quart slow cooker with nonstick cooking spray.
- Mix the coconut water, coconut milk, 1 1/2 cups water, sugar, vanilla and salt in the bowl of the slow cooker until the sugar is dissolved. Stir in the rice and cook on high 4 hours or low for 5 to 6 hours.
- Uncover, stir well and let stand 15 minutes.
- Transfer to a large bowl and stir in the butter. Continue to cool, stirring, until warm. Stir in the lime zest.
- Serve warm or chill until cold. Top as desired.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:15.59, Inflammation Score:-2, Nutrition Score:5.0434782462923%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 165.38kcal (8.27%), Fat: 4.72g (7.27%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.24g (9.54%), Sugar: 10.02g (11.14%), Cholesterol: 5.02mg (1.67%), Sodium: 187.75mg (8.16%), Alcohol: 0.37g (100%), Alcohol %: 0.38% (100%), Protein: 2.02g (4.03%), Manganese: 0.87mg (43.41%), Magnesium: 44.98mg (11.25%), Vitamin B1: 0.1mg (6.96%), Phosphorus: 67.65mg (6.77%), Vitamin B6: 0.13mg (6.28%), Potassium: 208.35mg (5.95%), Fiber: 1.37g (5.49%), Vitamin B3: 0.95mg (4.76%), Copper: 0.08mg (4.18%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.49mg (3.24%), Iron: 0.56mg (3.09%), Vitamin B2: 0.05mg (2.74%), Calcium: 22.15mg (2.22%), Vitamin C: 1.49mg (1.8%), Folate: 6.05µg (1.51%), Vitamin A: 58.39IU (1.17%)