



Sticky Rice with Mango

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

Ingredients

- 1.3 cups coconut milk unsweetened canned
- 1 large mangos pitted peeled cut into thin slices (at least 24)
- 0.3 cup sugar
- 1.5 cups glutinous rice sweet ()
- 1 tablespoon sesame seed toasted
- 0.3 teaspoon salt

Equipment

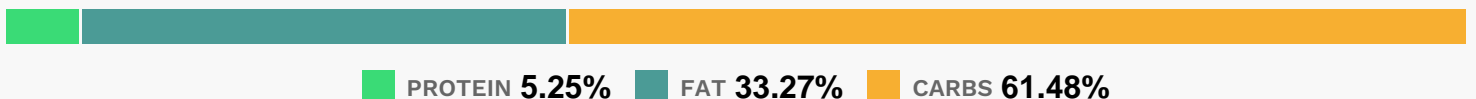
- bowl

- frying pan
- sauce pan
- sieve
- kitchen towels

Directions

- In a bowl wash rice well in several changes of cold water until water is clear. Soak rice in cold water to cover overnight.
- Drain rice well in a sieve. Set sieve over a large deep saucepan of simmering water (sieve should not touch water) and steam rice, covered with a kitchen towel and a lid, 30 to 40 minutes, or until tender (check water level in pan occasionally, adding more water if necessary).
- While rice is cooking, in a small saucepan bring 1 cup coconut milk to a boil with 1/3 cup sugar and salt, stirring until sugar is dissolved, and remove from heat. Keep mixture warm.
- Transfer cooked rice to a bowl and stir in coconut-milk mixture.
- Let rice stand, covered, 30 minutes, or until coconut-milk mixture is absorbed. Rice may be prepared up to this point 2 hours ahead and kept covered at room temperature.
- While rice is standing, in cleaned small pan slowly boil remaining 1/3 cup coconut milk with remaining 3 tablespoons sugar, stirring occasionally, 1 minute.
- Transfer sauce to a small bowl and chill until cool and thickened slightly.
- To serve, mold 1/4 cup servings of sticky rice on dessert plates.
- Drizzle desserts with sauce and sprinkle with sesame seeds. Divide mango slices among plates.

Nutrition Facts



Properties

Glycemic Index:39.97, Glycemic Load:40.48, Inflammation Score:-4, Nutrition Score:8.9808694746183%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.91kcal (18.25%), Fat: 13.78g (21.19%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 54.11g (19.68%), Sugar: 17.6g (19.56%), Cholesterol: 0mg (0%), Sodium: 108.74mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Manganese: 0.99mg (49.71%), Vitamin C: 14.05mg (17.03%), Selenium: 11.02µg (15.75%), Copper: 0.31mg (15.73%), Fiber: 3.18g (12.71%), Iron: 1.87mg (10.39%), Phosphorus: 99.39mg (9.94%), Magnesium: 38.5mg (9.63%), Vitamin B3: 1.69mg (8.44%), Vitamin B1: 0.12mg (7.82%), Vitamin A: 373.41IU (7.47%), Zinc: 1.05mg (6.99%), Folate: 27.9µg (6.97%), Potassium: 240.32mg (6.87%), Vitamin B6: 0.12mg (5.93%), Vitamin B5: 0.55mg (5.47%), Calcium: 30.59mg (3.06%), Vitamin E: 0.39mg (2.63%), Vitamin B2: 0.04mg (2.59%), Vitamin K: 1.5µg (1.43%)