



## Thai-Inspired Coconut-Pandan Rice Pudding with Fresh Mango



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



653 kcal

DESSERT

### Ingredients

- ☐ 2 bay leaves frozen thawed roughly chopped
- ☐ 1.5 cups coconut milk
- ☐ 1 cup granulated sugar
- ☐ 1 cup jasmine rice raw
- ☐ 4 mangos divided ripe peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups water

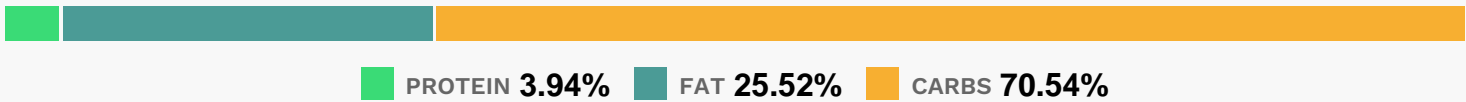
# Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

# Directions

- ☐ Add the rice and water to a 2-quart pot, stir one, set it on high heat, and bring to a boil, uncovered. Reduce the heat to the lowest setting, cover the pot, and allow the rice to slowly absorb all the water.
- ☐ Meanwhile, place the chopped pandan leaves and coconut milk in a blender. Blend on high speed until liquefied, about 30 seconds. Pass mixture through a fine mesh strainer set in a bowl and discard solids.
- ☐ Once the rice has absorbed all of the water, add to the pot the strained pandan-infused coconut milk, sugar, and salt. Give the mixture a stir and bring it to a hard boil over medium heat. Allow the rice pudding to boil hard for 2 minutes, stirring constantly.
- ☐ Remove the pot from heat and let the rice pudding sit, covered and undisturbed, for 10 minutes. Stir once and let the rice pudding sit, covered, for another 10 minutes before serving. You can also allow the rice pudding to cool completely to room temperature.
- ☐ Divide the rice pudding into 4 servings. Top each serving with one portion of the prepared mangoes.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:70.01, Glycemic Load:73.83, Inflammation Score:-9, Nutrition Score:19.239130414051%

# Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 652.63kcal (32.63%), Fat: 19.33g (29.74%), Saturated Fat: 16.31g (101.91%), Carbohydrates: 120.25g (40.08%), Net Carbohydrates: 116.32g (42.3%), Sugar: 78.31g (87.02%), Cholesterol: 0mg (0%), Sodium: 310.29mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin C: 76.22mg (92.39%), Manganese: 1.29mg (64.57%), Vitamin A: 2242.83IU (44.86%), Copper: 0.54mg (26.81%), Folate: 104.67µg (26.17%), Iron: 3.55mg (19.71%), Magnesium: 72.05mg (18.01%), Vitamin B6: 0.35mg (17.34%), Potassium: 588.72mg (16.82%), Phosphorus: 163.58mg (16.36%), Fiber: 3.93g (15.71%), Vitamin B3: 2.67mg (13.33%), Vitamin E: 1.91mg (12.76%), Selenium: 8.53µg (12.18%), Vitamin B5: 1.01mg (10.06%), Vitamin K: 8.74µg (8.32%), Zinc: 1.18mg (7.87%), Vitamin B1: 0.11mg (7.27%), Vitamin B2: 0.11mg (6.53%), Calcium: 54.29mg (5.43%)