



Thai Sweet Coconut Sticky Rice With Fresh Mango

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

SIDE DISH

Ingredients

- 1 can coconut milk
- 2 teaspoons cornstarch dissolved in 2 tablespoons of water
- 2 mangos ripe cut into bite-size pieces
- 1 pinch salt
- 1 cup sticky rice
- 8 cups water
- 2 cups granulated sugar white

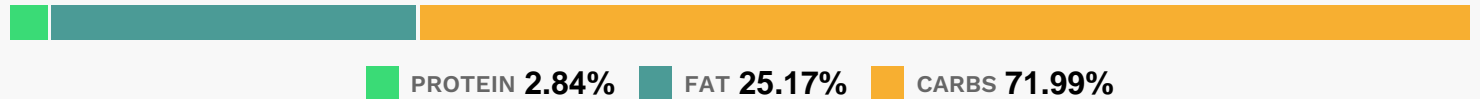
Equipment

- sauce pan
- pot

Directions

- Soak the sticky rice in 1 cup water for 1 hour in a pot
- Add 3/4 cup (more) water to the rice and bring it to boil on a high heat. Reduce to low heat and cover it with a lid. Meanwhile, make coconut sauce.
- Pour 3/4 cup of coconut cream into a saucepan on a medium heat.
- Let it simmer, add sugar and stir until it dissolves. When the rice becomes dry (not yet cooked), pour the hot coconut sauce onto the sticky rice. Turn the heat off. Cover it with a lid for 15 minutes. Make coconut cream.
- Pour 1/4 coconut cream onto a saucepan.
- Let it simmer then add a pinch of salt and cornstarch.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:107.27, Inflammation Score:-7, Nutrition Score:15.469565217391%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 852.04kcal (42.6%), Fat: 24.77g (38.1%), Saturated Fat: 21.25g (132.79%), Carbohydrates: 159.35g (53.12%), Net Carbohydrates: 154.19g (56.07%), Sugar: 117.32g (130.35%), Cholesterol: 0mg (0%), Sodium: 53.71mg (2.34%), Protein: 6.29g (12.58%), Manganese: 1.44mg (71.81%), Vitamin C: 40.47mg (49.06%), Copper: 0.54mg

(27.16%), Vitamin A: 1119.87IU (22.4%), Fiber: 5.16g (20.64%), Selenium: 14.43µg (20.62%), Folate: 63.74µg (15.94%), Magnesium: 62.75mg (15.69%), Phosphorus: 147.46mg (14.75%), Iron: 2.6mg (14.45%), Potassium: 474.52mg (13.56%), Vitamin B3: 2.44mg (12.22%), Vitamin B6: 0.21mg (10.28%), Vitamin B1: 0.14mg (9.22%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.77mg (7.68%), Vitamin E: 1.08mg (7.21%), Vitamin B2: 0.08mg (4.93%), Calcium: 47.69mg (4.77%), Vitamin K: 4.45µg (4.24%)