



## Thai Sweet Sticky Rice With Mango (Khao Neeo Mamuang)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



3

CALORIES



596 kcal

SIDE DISH

### Ingredients

- 0.5 cup coconut milk
- 3 mangos peeled sliced
- 0.3 teaspoon salt
- 1 tablespoon sesame seed toasted
- 1.5 cups short-grain rice white uncooked
- 1 tablespoon tapioca flour
- 2 cups water

1 tablespoon sugar white

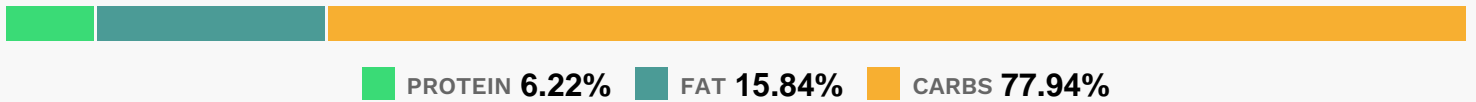
## Equipment

sauce pan

## Directions

- Combine the rice and water in a saucepan; bring to a boil; cover and reduce heat to low. Simmer until water is absorbed, 15 to 20 minutes.
- While the rice cooks, mix together 1 1/2 cups coconut milk, 1 cup sugar, and 1/2 teaspoon salt in a saucepan over medium heat; bring to a boil; remove from heat and set aside. Stir the cooked rice into the coconut milk mixture; cover. Allow to cool for 1 hour.
- Make a sauce by mixing together 1/2 cup coconut milk, 1 tablespoon sugar, 1/4 teaspoon salt, and the tapioca starch in a saucepan; bring to a boil.
- Place the sticky rice on a serving dish. Arrange the mangos on top of the rice.
- Pour the sauce over the mangos and rice.
- Sprinkle with sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:111.95, Glycemic Load:80.89, Inflammation Score:-10, Nutrition Score:27.060435004856%

## 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: 595.96kcal (29.8%), Fat: 10.68g (16.43%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 118.19g (39.4%), Net Carbohydrates: 111.76g (40.64%), Sugar: 32.36g (35.95%), Cholesterol: 0mg (0%), Sodium: 209.98mg (9.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin C: 75.72mg (91.79%), Folate: 327.87µg (81.97%), Manganese: 1.52mg (76.15%), Vitamin A: 2239.98IU (44.8%), Vitamin B1: 0.65mg (43.49%), Iron: 6.23mg (34.6%), Copper: 0.66mg (32.91%), Vitamin B3: 5.86mg (29.29%), Fiber: 6.43g (25.71%), Selenium: 17.28µg (24.69%), Vitamin B6: 0.45mg (22.45%), Magnesium: 71.97mg (17.99%), Phosphorus: 177.26mg (17.73%), Vitamin B5: 1.75mg (17.54%), Potassium: 519.76mg (14.85%), Vitamin E: 1.87mg (12.46%), Zinc: 1.72mg (11.47%), Vitamin K: 8.69µg (8.28%), Vitamin B2: 0.13mg (7.88%), Calcium: 63.44mg (6.34%)