

# **Mango Coconut Sticky Rice**

1 cup rice (recommended

Pinch sea salt

- sushi rice, see cooking tips) 1 can Coconut milk
- 4 tablespoons brown sugar
- 1 mango peeled and sliced



#### Directions



Yield: 4 Serving size: 1/4 cup rice

Adapted from sweeterthanoats.com

- Rinse your rice and leave it to soak overnight in coconut milk. Reuse the coconut milk when you cook the rice
- Place the soaked rice in pan with 1 1/2 cups water, 1/2 of the coconut milk, 1 tablespoon sugar and a pinch of salt. Simmer for 20 minutes or until rice is tender and milk is absorbed
- Place the rest of the coconut milk and the 3 tbsp sugar into a saucepan. Bring to a simmer andwhisk until sugar has dissolved
- Plate rice, then drizzle with coconut sauce and serve with sliced mango

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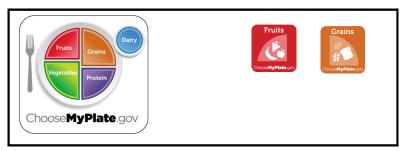
## **Fast Facts**





#### Featured Food Groups





## Cooking Tips



- Sushi (sticky Thai) rice or short grain rice is recommended. It is advised to avoid Basmati, Easy Cook, and Brown Rice but try whatever rice you have available and adjust cooking time accordingly
- Add other fruits such as strawberries or raspberries!
- Use a teacup lined with plastic wrap to mold the rice for plating

Nutri Serving Size 1/4 Servings Per Co	cup	ı F	acts	5
Amount Per Serving				
Calories 436				
			% Daily Valu	њ,
Total Fat 21g			32	%
Saturated Fat		90%		
Trans Fat 0g				7
Cholesterol 0mg			0	%
Sodium 20mg			1	%
Total Carbohydrate 60g			20	%
Dietary Fiber 2g			8	%
Sugars 19g				-
Protein 6g			12	%
Vitamin A 11%		V	itamin C 24	%
Calcium 4%			Iron 22	%
Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.      Calories 2,000 2,500				
Total Fat	Less than	65g	80g	7
Sat Fat	Less than	20g	25g	- 1
Cholesterol	Less than	300mg	300mg	- 1
Sodium	Less than	2400mg	2400mg	- 1
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g	

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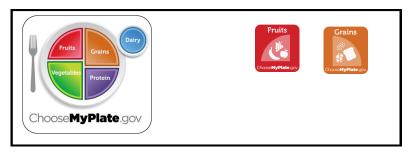
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#### erving Size 1/4 cup ervings Per Container 4 calories 436 otal Fat 21g Saturated Fat 18g Trans Fat 0g holesterol 0mg otal Carbohydrate 60g Dietary Fiber 2g Sugars 19g Vitamin A 119 Calcium 4% ercent Daily Values are based on a 2,000 calorie diet. Your Dai Values may be higher or lower depending on your calorie needs Less than 20g 300mg Sat Fat Less than 300mg 2400mg otal Carbohydrate Dietary Fiber