

# Sticky Rice with Mango

## Ingredients:

- 1 ¼ cup white sticky rice
- ½ cup coconut milk, low fat
- ¼ cup water
- 2 tbsp. palm sugar
- ½ tsp. salt (optional)
- 4 each ripe mangos, small yellow Thai variety



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE



## Nutrition Facts

Serving Size 1/2 cup (178g)  
Servings Per Container 10

Amount Per Serving

**Calories** 190    **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g    **3%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 130mg    **5%**

**Total Carbohydrate** 42g    **14%**

Dietary Fiber 3g    **12%**

Sugars 21g

**Protein** 3g

Vitamin A 30%    •    Vitamin C 80%

Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Soak the rice in water for at least 3 hours. Drain and transfer to a steamer basket lined with a double thickness of cheesecloth.
2. Spread the rice in the steamer. Bring the water to a rolling boil, set the steamer basket over the water, reduce heat, cover, and steam for 20-25 minutes.
3. Mix the coconut milk, measured water, and sugar in a small saucepan and stir over low heat until the sugar has dissolved.
4. As soon as the rice is cooked, spoon into a bowl, mix with the coconut milk mixture, cover and let rest 10 minutes.
5. Peel the mangoes and slice the flesh off in long strips. Arrange on a serving plate and serve with a side portion of sticky rice.