



15-Minute Autumn Rice Pudding

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



104 kcal

Ingredients

- 1 apples chopped
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup rice white instant uncooked
- 3 cups milk divided
- 0.3 cup raisins
- 0.3 cup planters walnuts chopped

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Bring 1 cup milk to boil in medium saucepan. Stir in rice, apples, raisins, cinnamon and nutmeg; cover.
- Remove from heat.
- Let stand 5 min.
- Meanwhile, beat pudding mix and remaining milk in large bowl with whisk 2 min.
- Add rice mixture to prepared pudding; mix well. Stir in nuts. Cover surface of pudding with plastic wrap; cool 5 min.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:2.7, Inflammation Score:-2, Nutrition Score:3.4113043222738%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 104.43kcal (5.22%), Fat: 2.96g (4.56%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 16.72g (6.08%), Sugar: 8.77g (9.75%), Cholesterol: 5.86mg (1.95%), Sodium: 61mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Manganese: 0.15mg (7.73%), Phosphorus: 66.81mg

(6.68%), Calcium: 66.08mg (6.61%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.08mg (4.81%), Selenium: 3.24µg (4.62%), Folate: 18.17µg (4.54%), Vitamin B12: 0.26µg (4.39%), Vitamin D: 0.54µg (3.58%), Potassium: 124.7mg (3.56%), Fiber: 0.84g (3.37%), Iron: 0.53mg (2.94%), Vitamin B6: 0.06mg (2.92%), Magnesium: 11.43mg (2.86%), Copper: 0.06mg (2.83%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.23mg (2.27%), Vitamin A: 86.29IU (1.73%)