



## Almond-Milk Rice Pudding



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



107 kcal

DESSERT

### Ingredients

- ☐ 7 cups vanilla almond milk unsweetened
- ☐ 30 servings cherry preserves for serving
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 1.5 cups sushi rice rinsed

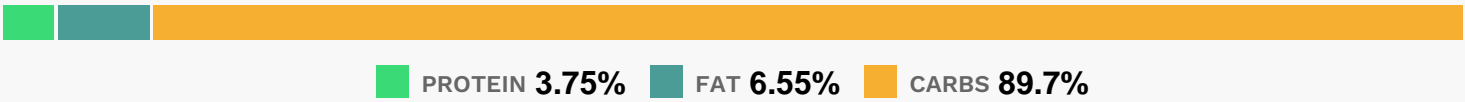
### Equipment

- ☐ sauce pan

# Directions

- ☐ In a large saucepan, combine the rice, sugar, salt and 1 cup of the almond milk. Cook over low heat, stirring, until the almond milk is absorbed, 5 minutes. Gradually add 5 more cups of almond milk, 1/2 cup at a time, stirring and cooking until the sauce is very thick, 25 minutes.
- ☐ Let cool, then stir in the remaining 1 cup of almond milk.
- ☐ Serve topped with cherry preserves.

# Nutrition Facts



# Properties

Glycemic Index:6.94, Glycemic Load:15.07, Inflammation Score:-1, Nutrition Score:1.3947825963083%

# Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 0.77g (1.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 23.13g (8.41%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 84.19mg (3.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Calcium: 75.04mg (7.5%), Manganese: 0.1mg (4.91%), Fiber: 0.65g (2.62%), Selenium: 1.81µg (2.59%), Vitamin C: 1.76mg (2.13%), Copper: 0.04mg (1.8%), Iron: 0.25mg (1.37%), Vitamin B1: 0.02mg (1.32%), Vitamin B2: 0.02mg (1.22%), Phosphorus: 10.37mg (1.04%), Vitamin B3: 0.21mg (1.03%)