



Apple & blackberry rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

Ingredients

- ☐ 425 g rice canned
- ☐ 185 g apple sauce
- ☐ 150 g blackberries frozen (or use and defrost)
- ☐ 2 tbsp brown sugar soft

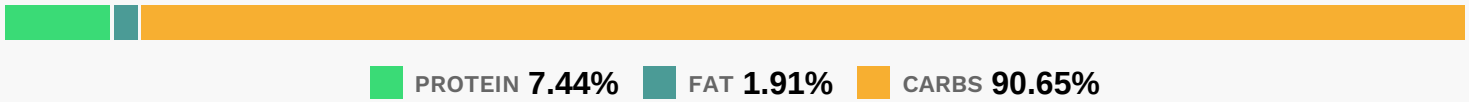
Equipment

- ☐ bowl

Directions

☐ In 4 small dessert bowls or glasses, layer the rice pudding, apple sauce and blackberries, finishing with a few blackberries on top. Scatter with the brown sugar and leave in the fridge for 10 mins until the sugar has melted. You can also make up to 2 hrs ahead and keep covered in the fridge.

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:51.53, Inflammation Score:-4, Nutrition Score:10.686956535215%

Flavonoids

Cyanidin: 37.48mg, Cyanidin: 37.48mg, Cyanidin: 37.48mg, Cyanidin: 37.48mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.22mg, Catechin: 14.22mg, Catechin: 14.22mg, Catechin: 14.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 446.16kcal (22.31%), Fat: 0.93g (1.43%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 99.66g (33.22%), Net Carbohydrates: 95.79g (34.83%), Sugar: 12.12g (13.47%), Cholesterol: 0mg (0%), Sodium: 8.29mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.37%), Manganese: 1.41mg (70.68%), Selenium: 16.4µg (23.44%), Copper: 0.31mg (15.55%), Fiber: 3.88g (15.51%), Phosphorus: 132.99mg (13.3%), Vitamin B5: 1.21mg (12.08%), Vitamin C: 8.34mg (10.11%), Vitamin B6: 0.2mg (10.02%), Vitamin B3: 1.99mg (9.94%), Zinc: 1.37mg (9.15%), Magnesium: 35.99mg (9%), Vitamin K: 7.76µg (7.39%), Iron: 1.23mg (6.84%), Potassium: 225.14mg (6.43%), Vitamin B1: 0.09mg (6.26%), Folate: 19.32µg (4.83%), Calcium: 47.46mg (4.75%), Vitamin B2: 0.08mg (4.45%), Vitamin E: 0.63mg (4.2%), Vitamin A: 93.66IU (1.87%)