



## Arborio Rice Pudding with Saffron

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



230 kcal

DESSERT

### Ingredients

- 1 cup arborio rice uncooked
- 0.5 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 6 cups milk 1% low-fat divided
- 0.1 teaspoon saffron threads
- 0.5 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract

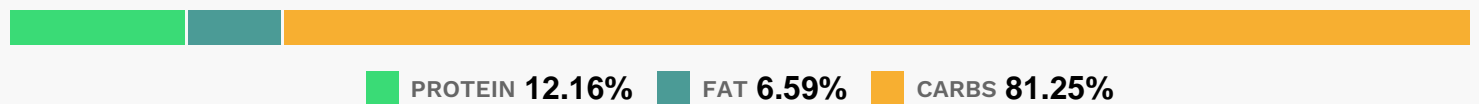
# Equipment

- bowl
- microwave

# Directions

- Combine 3 cups milk, rice, sugar, salt, saffron, and 1/4 teaspoon ground cinnamon in a large glass bowl. Microwave at HIGH 9 minutes.
- Stir in remaining 3 cups milk. Microwave at HIGH 28 to 30 minutes or until rice is tender and pudding is creamy and slightly thick (pudding will continue to thicken after cooking as it stands), stirring every few minutes to prevent mixture from bubbling over.
- Stir in raisins and vanilla.
- Serve warm or chilled.
- Garnish with cinnamon sticks, if desired.
- Note: We tested with an 1,100-watt microwave. All microwaves cook differently, so use the texture of the rice and pudding as your guide to determine when it is done, not the exact time.

# Nutrition Facts



# Properties

Glycemic Index:31.53, Glycemic Load:27.7, Inflammation Score:-4, Nutrition Score:8.6691304406394%

# Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

# Nutrients (% of daily need)

Calories: 230kcal (11.5%), Fat: 1.7g (2.61%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 46.04g (16.74%), Sugar: 27.41g (30.46%), Cholesterol: 7.87mg (2.62%), Sodium: 191.94mg (8.35%), Alcohol: 0.15g (100%), Alcohol %: 0.1% (100%), Protein: 7.04g (14.08%), Calcium: 204.01mg (20.4%), Phosphorus: 192.49mg (19.25%), Vitamin B12: 0.96µg (16%), Vitamin B2: 0.25mg (14.68%), Vitamin B1: 0.22mg (14.4%), Folate: 54.73µg (13.68%), Manganese: 0.27mg (13.6%), Vitamin D: 1.73µg (11.54%), Selenium: 6.81µg (9.72%), Potassium:

328.39mg (9.38%), Vitamin B5: 0.87mg (8.66%), Vitamin B6: 0.16mg (7.93%), Magnesium: 26.9mg (6.73%), Zinc: 0.95mg (6.33%), Vitamin A: 308.54IU (6.17%), Iron: 1.1mg (6.1%), Vitamin B3: 1.19mg (5.93%), Copper: 0.08mg (3.96%), Fiber: 0.97g (3.9%)