



Arroz con Leche

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cinnamon sticks
- 1 eggs
- 1 tablespoon lemon zest
- 0.5 cup raisins
- 12 ounce condensed milk sweetened canned
- 1 tablespoon vanilla extract
- 4 cups water
- 1 cup rice long-grain white

3 cups milk whole

Equipment

bowl

sauce pan

Directions

Soak the rice, cinnamon sticks, lemon zest and whole cloves in the water in a heavy saucepan for 1 hour.

After soaking, bring the rice mixture to a boil on high heat, uncovered. When it starts to boil (about 5 minutes), lower the heat to medium and cook for 10 to 12 more minutes or until water is almost evaporated.

While rice is cooking, beat the egg in a bowl.

Add the milk and stir well to mix.

Add the egg mixture, vanilla extract and condensed milk to the rice and cook over medium-low heat, stirring carefully, until it thickens slightly or until desired consistency, about 25 to 35 minutes.

Let cool uncovered.

Note: be aware that as the rice cools it thickens. The finished product will be thinner than traditional rice pudding.

Nutrition Facts



PROTEIN 11.28% **FAT 20.81%** **CARBS 67.91%**

Properties

Glycemic Index:56, Glycemic Load:61.39, Inflammation Score:-5, Nutrition Score:18.939130249231%

Nutrients (% of daily need)

Calories: 635.39kcal (31.77%), Fat: 14.73g (22.67%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 108.15g (36.05%), Net Carbohydrates: 105.23g (38.27%), Sugar: 55.68g (61.86%), Cholesterol: 91.8mg (30.6%), Sodium: 212.95mg (9.26%), Alcohol: 1.12g (100%), Alcohol %: 0.24% (100%), Protein: 17.96g (35.93%), Calcium: 517.81mg (51.78%), Phosphorus: 490.06mg (49.01%), Manganese: 0.88mg (44.01%), Vitamin B2: 0.72mg (42.19%), Selenium: 26.6µg (38%), Vitamin B12: 1.46µg (24.34%), Potassium: 822.68mg (23.51%), Vitamin B5: 1.98mg (19.78%),

Magnesium: 66.42mg (16.61%), Vitamin D: 2.4µg (16.02%), Vitamin B1: 0.24mg (15.85%), Zinc: 2.29mg (15.28%),
Vitamin B6: 0.29mg (14.49%), Vitamin A: 588.85IU (11.78%), Fiber: 2.92g (11.69%), Copper: 0.23mg (11.33%), Iron:
1.36mg (7.53%), Vitamin B3: 1.36mg (6.82%), Vitamin C: 5.19mg (6.29%), Folate: 19.07µg (4.77%), Vitamin E: 0.44mg
(2.92%), Vitamin K: 1.68µg (1.6%)