

Arroz con Leche



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons anise seed crushed
- ☐ 1 cinnamon sticks
- ☐ 14 ounce condensed milk canned
- ☐ 12 ounce evaporated milk canned
- ☐ 0.3 inch lime zest
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups short grain rice
- ☐ 1 tablespoon vanilla extract

☐ 0.5 cup water

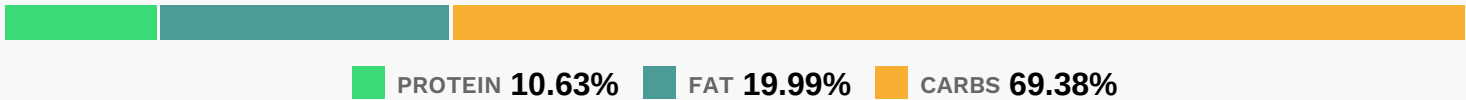
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Combine 2 1/4 cups of water, rice, and lime peel in a saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes until the rice is tender.
- ☐ While the rice is cooking, combine 1/2 cup of water, the cinnamon stick, and anise in another saucepan over medium-high heat. Bring mixture to a low boil for 3 minutes, then remove saucepan from stove. Strain flavored water into a bowl and set aside, discarding cinnamon stick and anise pieces.
- ☐ After rice has simmered for 20 minutes, carefully remove the lime peel with a slotted spoon, and over low heat, gradually stir evaporated milk and condensed milk into the rice.
- ☐ Mix in the cinnamon and anise-flavored water, vanilla, and salt.
- ☐ Add raisins, if desired. Continue to stir until the mixture thickens, about 7 to 10 minutes.
- ☐ If the pudding is too watery after 10 minutes, turn up heat to medium-low and stir continuously. When pudding reaches desired consistency, remove from heat and pour into individual dishes, or a large bowl. Store in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:31.98, Inflammation Score:-4, Nutrition Score:8.9086956485458%

Flavonoids

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 6.38g (9.81%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 48.6g (17.67%), Sugar: 25.18g (27.98%), Cholesterol: 23.36mg (7.79%), Sodium: 145.84mg (6.34%), Alcohol: 0.45g (100%), Alcohol %: 0.48% (100%), Protein: 7.63g (15.26%), Calcium: 214.22mg (21.42%), Manganese: 0.41mg (20.37%), Phosphorus: 203.56mg (20.36%), Folate: 76.53µg (19.13%), Vitamin B2: 0.29mg (17.17%), Selenium: 11.26µg (16.08%), Vitamin B1: 0.23mg (15.03%), Iron: 1.88mg (10.47%), Vitamin B5: 0.91mg (9.12%), Potassium: 293.91mg (8.4%), Vitamin B3: 1.43mg (7.15%), Magnesium: 27.91mg (6.98%), Zinc: 1.04mg (6.92%), Vitamin B6: 0.1mg (4.86%), Fiber: 1.2g (4.81%), Copper: 0.09mg (4.47%), Vitamin A: 192.07IU (3.84%), Vitamin B12: 0.23µg (3.82%), Vitamin C: 1.96mg (2.37%)