



Arroz con Tres Leches (Three Milks Rice Pudding)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



611 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 1 cup evaporated milk
- ☐ 1 cup heavy cream
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 12 oz condensed milk sweetened canned
- ☐ 1.5 tablespoons vanilla extract

- ☐ 2 cups water
- ☐ 1 cup rice long-grain white washed
- ☐ 2 cups milk whole

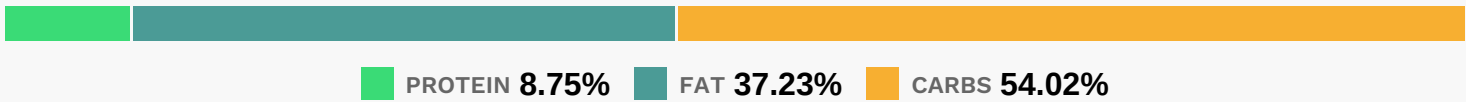
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan over high heat, combine the rice, water and salt and bring to a boil.
- ☐ Add the cinnamon sticks and reduce the heat to medium-low and cook uncovered, stirring once or twice, until the rice is tender, 30 to 35 minutes.
- ☐ Remove the cinnamon sticks. In a medium bowl mix together the whole milk, evaporated milk, heavy cream, vanilla, sugar and condensed milk.
- ☐ Pour the mixture over the rice, stir, and reduce the heat to low. Cook for about 20 minutes more stirring occasionally. Set aside to cool slightly or refrigerate. The rice pudding can be served warm, at room temperature, or cold. To serve: Spoon the rice pudding into bowls.

Nutrition Facts



Properties

Glycemic Index:39.21, Glycemic Load:46.75, Inflammation Score:-6, Nutrition Score:13.46869549544%

Nutrients (% of daily need)

Calories: 611.32kcal (30.57%), Fat: 25.3g (38.93%), Saturated Fat: 15.74g (98.36%), Carbohydrates: 82.59g (27.53%), Net Carbohydrates: 81.57g (29.66%), Sugar: 57.24g (63.6%), Cholesterol: 86.04mg (28.68%), Sodium: 170.66mg (7.42%), Alcohol: 1.12g (100%), Alcohol %: 0.4% (100%), Protein: 13.39g (26.77%), Calcium: 420.08mg (42.01%), Phosphorus: 370.26mg (37.03%), Vitamin B2: 0.58mg (33.96%), Manganese: 0.56mg (27.85%), Selenium: 16.88µg (24.12%), Vitamin A: 970.07IU (19.4%), Potassium: 542.93mg (15.51%), Vitamin B5: 1.42mg (14.16%), Vitamin B12: 0.82µg (13.66%), Magnesium: 46.95mg (11.74%), Vitamin D: 1.68µg (11.23%), Zinc: 1.66mg (11.04%), Vitamin B1: 0.15mg (9.76%), Vitamin B6: 0.17mg (8.33%), Copper: 0.11mg (5.42%), Vitamin B3: 0.83mg (4.17%), Vitamin E: 0.62mg (4.16%), Fiber: 1.02g (4.08%), Folate: 13.72µg (3.43%), Iron: 0.58mg (3.24%), Vitamin C: 2.55mg (3.1%),

Vitamin K: 2.5µg (2.38%)