



Brown Rice Pudding



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



3

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 Teaspoon cinnamon (I Omitted)
- ☐ 0.3 cup raisins (Optional)
- ☐ 0.1 Teaspoon salt
- ☐ 0.3 cup short grain brown rice
- ☐ 2 to 3 tablespoons sugar
- ☐ 1 Teaspoon vanilla extract
- ☐ 2 plus)

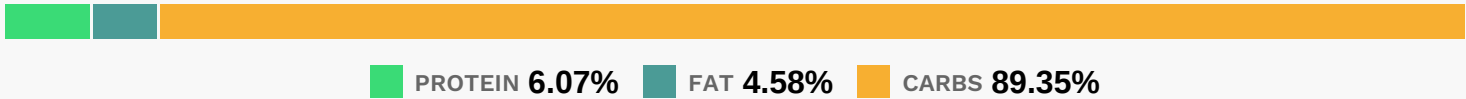
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove
- ☐ measuring cup

Directions

- ☐ In a heavy bottom saucepan, combine the 2 and 1/2 cup milk, rice and salt. I did not use the liquid measuring mug to measure 2 and 1/2 cups of milk, use the same dry measuring cup which you use to measure rice/flour etc.
- ☐ Place the pan over high heat and bring to a boil. Keep an eye on the stove or else it will start boiling all over the place.Reduce heat to medium-low and simmer until the rice is tender, about 40 minutes.Stir frequently to prevent the rice from sticking to the bottom of the pan.When the rice is cooked, remove from the heat and add thee sugar, vanilla and 1 teaspoon of cinnamon (if using).Return to the stove, and cook until the rice pudding thickens, 5 to 10 minutes.
- ☐ Remove from the heat and add the raisins, if using.Refrigerate for 1 to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:75.35, Glycemic Load:12.7, Inflammation Score:-1, Nutrition Score:4.2334783166323%

Nutrients (% of daily need)

Calories: 104.45kcal (5.22%), Fat: 0.54g (0.83%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 21.82g (7.94%), Sugar: 0.87g (0.96%), Cholesterol: 0mg (0%), Sodium: 101.47mg (4.41%), Alcohol: 0.46g (100%), Alcohol %: 1.8% (100%), Protein: 1.6g (3.2%), Manganese: 0.78mg (38.79%), Magnesium: 28.02mg (7.01%), Fiber: 1.75g (6.98%), Vitamin B1: 0.08mg (5.54%), Vitamin B6: 0.11mg (5.53%), Phosphorus: 53.57mg (5.36%), Vitamin B3: 0.89mg (4.45%), Copper: 0.09mg (4.34%), Potassium: 150.17mg (4.29%), Iron: 0.67mg (3.75%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.37mg (2.49%), Vitamin B2: 0.03mg (1.89%), Calcium: 16.71mg (1.67%)