



## Brown Rice Pudding II

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



293 kcal

DESSERT

### Ingredients

- 2 cups brown rice uncooked
- 12 fluid ounce evaporated milk canned
- 1.5 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 0.5 cup maple syrup pure
- 0.5 teaspoon rum extract
- 1 teaspoon salt
- 1 tablespoon vanilla extract

2 cups water

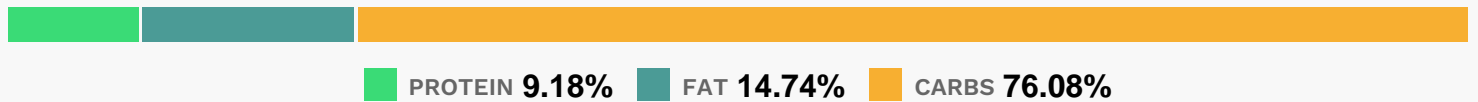
## Equipment

pot

## Directions

- Bring the rice, water, and salt to a boil in a pot; cover, reduce heat to medium-low, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- Stir the evaporated milk, maple syrup, cinnamon, nutmeg, vanilla extract, and rum extract into the cooked rice. Continue simmering until the mixture thickens, about 5 minutes.
- Remove from heat and cover until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.28, Glycemic Load:25.31, Inflammation Score:-4, Nutrition Score:12.280869528003%

## Nutrients (% of daily need)

Calories: 293.09kcal (14.65%), Fat: 4.72g (7.27%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 52.96g (19.26%), Sugar: 16.8g (18.66%), Cholesterol: 12.86mg (4.29%), Sodium: 344.59mg (14.98%), Alcohol: 0.56g (100%), Alcohol %: 0.41% (100%), Protein: 6.61g (13.23%), Manganese: 2.32mg (116.03%), Vitamin B2: 0.42mg (24.59%), Phosphorus: 216.31mg (21.63%), Magnesium: 84.27mg (21.07%), Calcium: 159.73mg (15.97%), Vitamin B1: 0.23mg (15.43%), Vitamin B6: 0.27mg (13.27%), Vitamin B3: 2.16mg (10.82%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.46mg (9.75%), Potassium: 311.93mg (8.91%), Copper: 0.15mg (7.67%), Fiber: 1.87g (7.46%), Iron: 1mg (5.58%), Folate: 13.26µg (3.32%), Vitamin A: 107.37IU (2.15%), Selenium: 1.04µg (1.48%), Vitamin B12: 0.07µg (1.18%), Vitamin C: 0.86mg (1.05%)