



Brown Sugar and Cinnamon Rice Pudding



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar to taste
- ☐ 0.5 teaspoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon ground cinnamon to taste
- ☐ 2 cups rice white instant minute® such as
- ☐ 1 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

☐ 2 cups water

Equipment

☐ bowl

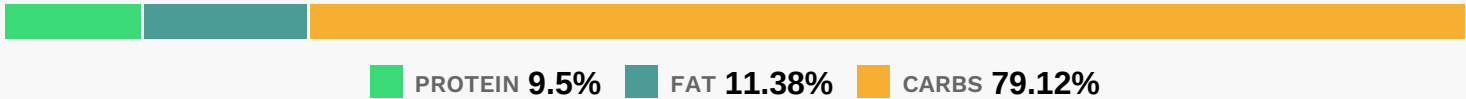
☐ sauce pan

☐ ladle

Directions

- ☐ Bring water to a boil in a saucepan. Stir rice, butter, and salt into water until the butter melts. Cover saucepan and remove from heat. Set aside until water is absorbed, about 5 minutes.
- ☐ Stir milk, brown sugar, cornstarch, and vanilla extract into the rice; bring to a simmer over medium heat while stirring; cook until the rice has the consistency of loose oatmeal, about 5 minutes. Ladle pudding into bowls and dust with cinnamon.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:9.0426086774501%

Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 2.87g (4.41%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 43.9g (15.96%), Sugar: 8.84g (9.83%), Cholesterol: 8.66mg (2.89%), Sodium: 111.88mg (4.86%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.39g (10.77%), Folate: 118.34µg (29.59%), Vitamin B1: 0.43mg (28.83%), Selenium: 17.26µg (24.65%), Manganese: 0.48mg (23.75%), Vitamin B3: 3.09mg (15.44%), Iron: 2.78mg (15.42%), Phosphorus: 113mg (11.3%), Calcium: 95.78mg (9.58%), Zinc: 0.88mg (5.9%), Vitamin B2: 0.1mg (5.71%), Vitamin B12: 0.33µg (5.51%), Copper: 0.1mg (5%), Vitamin B6: 0.09mg (4.63%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.42mg (4.23%), Magnesium: 15.3mg (3.83%), Fiber: 0.95g (3.82%), Potassium: 113.09mg (3.23%), Vitamin A: 115.18IU (2.3%)