



Brown Sugar and Cinnamon Rice Pudding



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



227 kcal

DESSERT

Ingredients

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

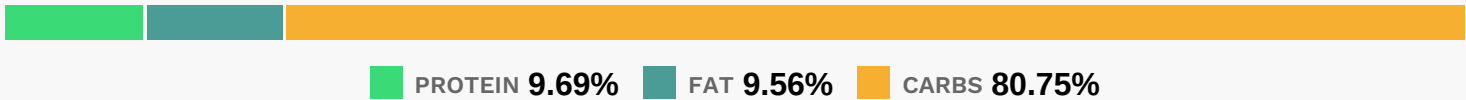
Equipment

- ☐ 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:10.75, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:9.0178260146438%

Nutrients (% of daily need)

Calories: 226.76kcal (11.34%), Fat: 2.36g (3.63%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 43.9g (15.96%), Sugar: 8.84g (9.83%), Cholesterol: 7.32mg (2.44%), Sodium: 35.19mg (1.53%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.38g (10.76%), Folate: 118.32µg (29.58%), Vitamin B1: 0.43mg (28.83%), Selenium: 17.25µg (24.64%), Manganese: 0.47mg (23.75%), Vitamin B3: 3.09mg (15.44%), Iron: 2.78mg (15.42%), Phosphorus: 112.85mg (11.28%), Calcium: 95.59mg (9.56%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.1mg (5.69%), Vitamin B12: 0.33µg (5.49%), Copper: 0.1mg (5%), Vitamin B6: 0.09mg (4.63%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.42mg (4.22%), Magnesium: 15.29mg (3.82%), Fiber: 0.95g (3.82%), Potassium: 112.92mg (3.23%), Vitamin A: 99.56IU (1.99%)