



Cinnamon Almond Rice Pudding

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



410 kcal

DESSERT

Ingredients

- 0.8 cup vanilla almond milk
- 0.3 cup california almonds sliced
- 0.8 cup rice leftover cooked
- 0.3 teaspoon ground cinnamon
- 1 teaspoon honey

Equipment

- bowl
- sauce pan

stove

microwave

Directions

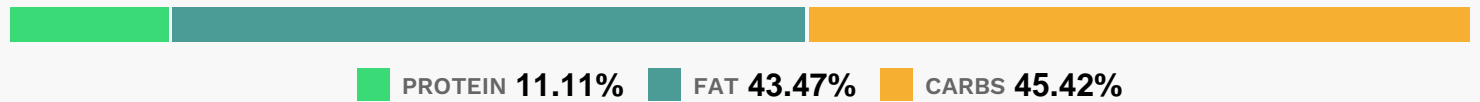
Stove-top Directions -

Combine rice, almond milk and cinnamon in a small saucepan. Turn heat to medium and bring to a simmer, stirring occasionally. Reduce heat to medium-low and simmer gently for 4 to 5 minutes, until milk is thicker and rice is a bit creamy. To serve, place in a bowl, top with almonds and drizzle with honey.

Microwave Directions -

Combine rice, milk and cinnamon in a microwave-safe serving bowl. Cook on full power for 1 minute, then stir and cook 1-2 more minutes, until milk is thicker and rice is a bit creamy. Top with almonds and drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:176.27, Glycemic Load:39.21, Inflammation Score:-5, Nutrition Score:16.043043354931%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 409.81kcal (20.49%), Fat: 20.43g (31.43%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 42.24g (15.36%), Sugar: 7.56g (8.4%), Cholesterol: 0mg (0%), Sodium: 245.62mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.49%), Manganese: 1.47mg (73.46%), Vitamin E: 9.21mg (61.41%), Calcium: 338.45mg (33.84%), Magnesium: 111.18mg (27.8%), Vitamin B2: 0.43mg (25.05%), Fiber: 5.78g (23.14%), Copper: 0.45mg (22.71%), Phosphorus: 223.51mg (22.35%), Selenium: 10.42µg (14.89%), Zinc: 1.72mg (11.47%), Iron: 1.63mg (9.08%), Vitamin B3: 1.78mg (8.92%), Potassium: 309.32mg (8.84%), Vitamin B6: 0.16mg

(8.08%), Vitamin B1: 0.1mg (6.47%), Vitamin B5: 0.64mg (6.36%), Folate: 19.45µg (4.86%)