

Creamy Brown Rice Pudding

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



366 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 cups brown rice uncooked
- ☐ 1 stick piece cinnamon (3 inch)
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 cups milk
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 4 cups water

Equipment

☐ sauce pan

Directions

- ☐ Bring the water and brown rice to a boil in a saucepan.
- ☐ Add the salt, reduce the heat to low, cover, and simmer until the rice is tender and the liquid has been absorbed, about 50 minutes.
- ☐ Stir the milk, evaporated milk, almond extract, and sugar into the rice; add the cinnamon stick. Simmer uncovered, stirring frequently, until the dish is of pudding consistency, about 70 minutes more.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:38.85, Inflammation Score:-4, Nutrition Score:13.046956593576%

Nutrients (% of daily need)

Calories: 366.48kcal (18.32%), Fat: 6.66g (10.25%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 68.77g (22.92%), Net Carbohydrates: 66.92g (24.33%), Sugar: 32.38g (35.98%), Cholesterol: 20.18mg (6.73%), Sodium: 296.34mg (12.88%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 8.6g (17.2%), Manganese: 1.86mg (93.08%), Phosphorus: 277.35mg (27.73%), Magnesium: 87.37mg (21.84%), Calcium: 214.82mg (21.48%), Vitamin B1: 0.25mg (16.75%), Vitamin B6: 0.3mg (15.1%), Vitamin B2: 0.25mg (14.7%), Vitamin B5: 1.22mg (12.21%), Vitamin B3: 2.2mg (11.02%), Zinc: 1.57mg (10.5%), Potassium: 356mg (10.17%), Copper: 0.16mg (8.09%), Fiber: 1.85g (7.39%), Vitamin B12: 0.4µg (6.67%), Iron: 0.99mg (5.5%), Vitamin D: 0.72µg (4.77%), Vitamin A: 206.12IU (4.12%), Selenium: 2.34µg (3.35%), Folate: 13.07µg (3.27%), Vitamin C: 0.86mg (1.04%)