



Creamy Rice Pudding and Fruit Layered Dessert

 Gluten Free

READY IN



95 min.

SERVINGS



35

CALORIES



65 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 2.5 cups milk warmed
- 2 cups orange segments (4 oranges)
- 1 cup extra rice long-grain
- 2 cups strawberries sliced
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 0.5 cup sugar

- 2.3 cups water divided
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- sauce pan
- measuring cup

Directions

- Place fruit in 2-qt. decorative glass bowl; refrigerate until ready to use.
- Bring 1/3 cup of the water to boil in small saucepan; pour into large glass measuring cup. Stir in dry gelatin mix 2 min. or until dissolved.
- Add enough cold water to measuring cup to measure 1 cup.
- Pour over fruit; keep refrigerated.
- Meanwhile, place remaining 2 cups water and rice in medium saucepan. Bring to boil on medium heat; cover. Reduce heat to low; simmer 20 min. or until water is absorbed and rice is tender. Stir in milk and sugar; cook on medium-low heat 5 min. or until creamy, stirring constantly. Cool completely. Gently stir in whipped topping.
- Spoon rice pudding over fruit.
- Garnish with additional fruit, if desired.

Nutrition Facts

 **PROTEIN 8.38%**  **FAT 12.7%**  **CARBS 78.92%**

Properties

Glycemic Index:8.34, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:2.2147825956345%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg Malvidin: 2.86mg, Malvidin: 2.86mg, Malvidin: 2.86mg, Malvidin: 2.86mg Pelargonidin: 2.04mg, Pelargonidin: 2.04mg, Pelargonidin: 2.04mg, Pelargonidin: 2.04mg Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg

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Nutrients (% of daily need)

Calories: 64.68kcal (3.23%), Fat: 0.93g (1.44%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.47g (4.53%), Sugar: 8.08g (8.97%), Cholesterol: 2.13mg (0.71%), Sodium: 20.69mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin C: 10.72mg (12.99%), Manganese: 0.11mg (5.36%), Phosphorus: 32.61mg (3.26%), Calcium: 30.7mg (3.07%), Fiber: 0.58g (2.33%), Vitamin B2: 0.04mg (2.22%), Selenium: 1.45µg (2.07%), Potassium: 69.08mg (1.97%), Vitamin B1: 0.03mg (1.76%), Vitamin B12: 0.1µg (1.64%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.03mg (1.6%), Magnesium: 6.12mg (1.53%), Folate: 5.87µg (1.47%), Copper: 0.03mg (1.43%), Vitamin D: 0.19µg (1.28%), Vitamin A: 56.23IU (1.12%), Vitamin K: 1.12µg (1.07%), Zinc: 0.16mg (1.06%)