



Creamy Rice Pudding with Mulling Spices

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 cup rice medium-grain uncooked
- ☐ 0.1 teaspoon salt
- ☐ 1 sachet mulling spice blend
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups water

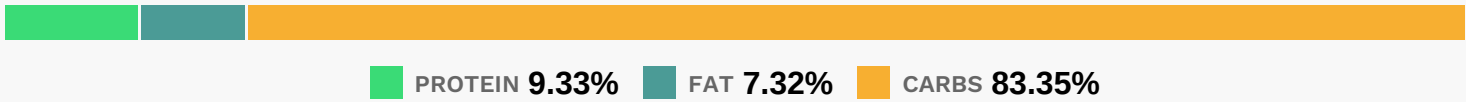
Equipment

☐ sauce pan

Directions

- ☐ Combine 2 cups water and sachet in a medium saucepan; bring to a simmer. Cook 5 minutes. Discard sachet. Stir in rice; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add milk and sugar. Cook over medium heat 15 minutes or until thick and rice is tender, stirring constantly.
- ☐ Remove from heat. Stir in vanilla and salt.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:32.45, Inflammation Score:-4, Nutrition Score:7.4034783043291%

Nutrients (% of daily need)

Calories: 225.64kcal (11.28%), Fat: 1.81g (2.78%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 45.08g (16.39%), Sugar: 15.16g (16.85%), Cholesterol: 6.29mg (2.1%), Sodium: 89.97mg (3.91%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 5.17g (10.35%), Folate: 95.41µg (23.85%), Manganese: 0.43mg (21.52%), Vitamin B1: 0.25mg (16.92%), Selenium: 8µg (11.42%), Phosphorus: 110.12mg (11.01%), Calcium: 100.82mg (10.08%), Vitamin B2: 0.17mg (9.89%), Iron: 1.75mg (9.73%), Vitamin B3: 1.7mg (8.52%), Vitamin B5: 0.79mg (7.89%), Vitamin B12: 0.42µg (6.95%), Zinc: 0.83mg (5.5%), Copper: 0.1mg (5.12%), Vitamin B6: 0.1mg (4.96%), Magnesium: 19.04mg (4.76%), Fiber: 1.17g (4.7%), Potassium: 143.42mg (4.1%), Vitamin A: 83.07IU (1.66%), Vitamin K: 1.19µg (1.14%)