



Easy Cinnamon Raisin Breakfast Risotto (Dairy-Free, Gluten-Free, Vegan)



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup vanilla dairy-free milk alternative
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground flaxseed
- ☐ 2 tablespoons raisins
- ☐ 1 pinch salt generous
- ☐ 0.7 cup short grain brown rice leftover
- ☐ 1 tablespoon desired sweetener to taste

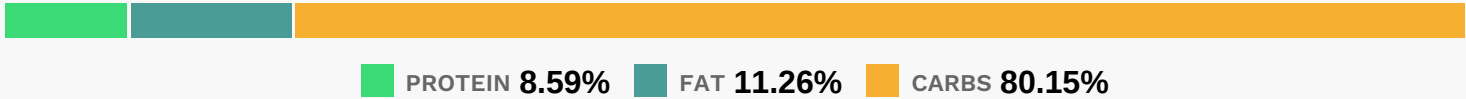
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring all but the flaxseed to a boil in a saucepan or small skillet.Reduce heat to low and simmer for 10–15 minutes or until most of the liquid is soaked up and the rice reaches your desired tenderness.
- ☐ Remove from heat and stir in ground flaxseed, if using.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:224.47, Glycemic Load:75.81, Inflammation Score:-8, Nutrition Score:29.466521672581%

Nutrients (% of daily need)

Calories: 716.56kcal (35.83%), Fat: 9.04g (13.91%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 144.87g (48.29%), Net Carbohydrates: 135.78g (49.38%), Sugar: 15.08g (16.76%), Cholesterol: 0mg (0%), Sodium: 115.42mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.03%), Manganese: 5.75mg (287.41%), Magnesium: 231.46mg (57.86%), Vitamin B1: 0.79mg (52.37%), Vitamin B6: 1.04mg (52.18%), Vitamin B3: 10.2mg (50.99%), Phosphorus: 419.6mg (41.96%), Fiber: 9.09g (36.36%), Vitamin B2: 0.61mg (36.01%), Copper: 0.69mg (34.57%), Calcium: 259.78mg (25.98%), Potassium: 874.21mg (24.98%), Iron: 4.2mg (23.33%), Zinc: 3.48mg (23.19%), Vitamin B12: 1.27µg (21.24%), Vitamin B5: 2.07mg (20.74%), Vitamin E: 3mg (20.01%), Folate: 71.43µg (17.86%), Vitamin C: 10.17mg (12.32%), Vitamin D: 1.42µg (9.44%), Vitamin A: 464.48IU (9.29%), Selenium: 4.68µg (6.69%)