



Easy Rice Pineapple Pudding

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



205 kcal

Ingredients

- ☐ 4 cups rice long-grain white cooled cooked
- ☐ 1 teaspoon ground cinnamon
- ☐ 6.8 ounce vanilla pudding instant
- ☐ 20 ounce dole® pineapple chunks drained canned
- ☐ 0.5 cup dole raisins seedless
- ☐ 4 cups skim milk
- ☐ 1 teaspoon vanilla extract

Equipment

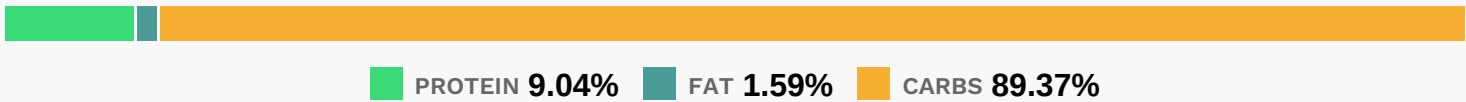
- ☐ bowl

whisk

Directions

- Whisk together milk and pudding mix in large bowl, 2 to 3 minutes.
- Stir in rice, pineapple chunks, raisins, cinnamon and vanilla. Chill.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:19.82, Inflammation Score:-2, Nutrition Score:5.8947825684496%

Nutrients (% of daily need)

Calories: 204.72kcal (10.24%), Fat: 0.36g (0.56%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 46.12g (15.37%), Net Carbohydrates: 44.7g (16.25%), Sugar: 23.68g (26.31%), Cholesterol: 2.45mg (0.82%), Sodium: 138.23mg (6.01%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 4.67g (9.33%), Manganese: 0.3mg (14.92%), Calcium: 124.83mg (12.48%), Phosphorus: 118.32mg (11.83%), Selenium: 5.96µg (8.51%), Vitamin B2: 0.14mg (8.07%), Vitamin B12: 0.47µg (7.89%), Potassium: 267.67mg (7.65%), Vitamin B1: 0.11mg (7.42%), Vitamin B6: 0.14mg (7.17%), Magnesium: 25.16mg (6.29%), Vitamin D: 0.9µg (5.99%), Vitamin C: 4.77mg (5.79%), Fiber: 1.42g (5.68%), Copper: 0.11mg (5.55%), Vitamin B5: 0.5mg (5%), Zinc: 0.69mg (4.6%), Vitamin A: 190.72IU (3.81%), Vitamin B3: 0.51mg (2.56%), Iron: 0.42mg (2.34%), Folate: 5.77µg (1.44%)