



Arroz Con Leche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



848 kcal

SIDE DISH

Ingredients

- 3 cups cup heavy whipping cream
- 3 cups milk
- 1 cup arborio rice
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- 2 cinnamon sticks
- 1 lemon zest
- 1 pinch salt
- 1 cup sugar

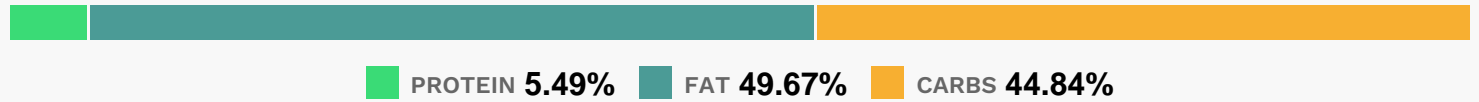
Equipment

sauce pan

Directions

- In a saucepan, place the 2 cups heavy cream, 2 cups milk, rice, cinnamon sticks, lemon zest and salt then bring to a boil.
- Turn down the heat and simmer until the rice is cooked, about 30 minutes.
- Add the rest of milk and heavy cream as needed (you don't want the rice to become too thick).
- Add the sugar off the heat and stir to combine.
- Remove the cinnamon sticks.
- Sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:67.19, Inflammation Score:-8, Nutrition Score:17.942173913043%

Taste

Sweetness: 77.97%, Saltiness: 60.89%, Sourness: 20.18%, Bitterness: 17.83%, Savoriness: 40.29%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 848.15kcal (42.41%), Fat: 47.33g (72.82%), Saturated Fat: 29.74g (185.86%), Carbohydrates: 96.14g (32.05%), Net Carbohydrates: 93.55g (34.02%), Sugar: 42.68g (47.42%), Cholesterol: 149.11mg (49.7%), Sodium: 86.13mg (3.74%), Protein: 11.78g (23.55%), Manganese: 0.9mg (45.13%), Folate: 158.96µg (39.74%), Vitamin A: 1950.88IU (39.02%), Vitamin B1: 0.47mg (31.31%), Phosphorus: 256.44mg (25.64%), Vitamin B2: 0.43mg (25.39%), Calcium: 243.97mg (24.4%), Selenium: 16.2µg (23.14%), Vitamin D: 3.25µg (21.64%), Iron: 3.06mg (17%), Vitamin B5: 1.62mg (16.24%), Vitamin B3: 2.97mg (14.83%), Vitamin B12: 0.85µg (14.15%), Vitamin B6: 0.23mg (11.68%), Fiber: 2.59g (10.37%), Zinc: 1.55mg (10.31%), Potassium: 354.01mg (10.11%), Magnesium: 39.15mg (9.79%), Copper: 0.16mg (8.08%), Vitamin E: 1.19mg (7.9%), Vitamin K: 4.54µg (4.32%), Vitamin C: 2.05mg (2.48%)