



Glorified Rice

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce pineapple crushed canned
- ☐ 1 cup heavy cream
- ☐ 6 maraschino cherries
- ☐ 1 cup marshmallows miniature
- ☐ 1 cup rice white uncooked
- ☐ 0.3 cup sugar white

Equipment

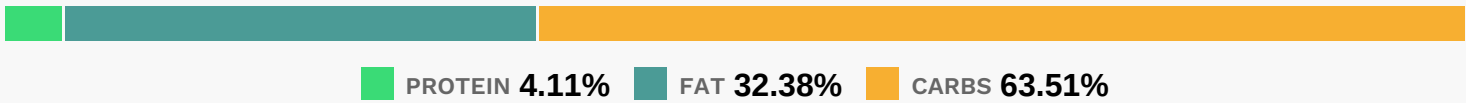
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a saucepan bring 2 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ In a large bowl combine the cooked, cooled rice, sugar, pineapple and marshmallows. Fold in the whipped cream. Chill for 4 hours.
- ☐ Spoon the rice mixture into 6 dessert dishes and place a cherry on top of each.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:24.75, Inflammation Score:-5, Nutrition Score:7.0847826004028%

Nutrients (% of daily need)

Calories: 399.29kcal (19.96%), Fat: 14.73g (22.67%), Saturated Fat: 9.2g (57.48%), Carbohydrates: 65.01g (21.67%), Net Carbohydrates: 62.6g (22.76%), Sugar: 36.47g (40.52%), Cholesterol: 44.82mg (14.94%), Sodium: 20.62mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Manganese: 0.34mg (16.87%), Vitamin C: 13.56mg (16.44%), Vitamin A: 656.22IU (13.12%), Copper: 0.24mg (11.98%), Vitamin B1: 0.17mg (11.61%), Fiber: 2.41g (9.65%), Selenium: 6.61µg (9.45%), Vitamin B6: 0.17mg (8.56%), Magnesium: 32.11mg (8.03%), Potassium: 250.54mg (7.16%), Vitamin B2: 0.12mg (7.12%), Phosphorus: 69.2mg (6.92%), Calcium: 60.53mg (6.05%), Vitamin B3: 0.93mg (4.64%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.42mg (4.17%), Iron: 0.73mg (4.04%), Zinc: 0.59mg (3.93%), Vitamin E: 0.43mg (2.86%), Folate: 11.22µg (2.81%), Vitamin K: 2.37µg (2.25%), Vitamin B12: 0.06µg (1.06%)