



WHATSheATE



Instant Rice Pudding with Cinnamon, Cardamom and Blueberries



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 1 cup rice cooked
- ☐ 0.3 cup blueberries dried plus more for garnish
- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon plus more for garnish
- ☐ 1 cup milk
- ☐ 0.3 cup sugar

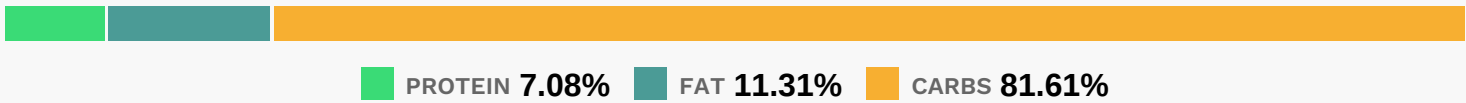
Equipment

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, stir together all ingredients and bring the mixture to a simmer. Cook for 5 minutes stirring frequently until the pudding is thick and creamy.
- ☐ Serve warm or at room temperature.
- ☐ Garnish, as desired, with additional blueberries or a sprinkle of cinnamon.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:24.69, Inflammation Score:-1, Nutrition Score:4.2308695588423%

Nutrients (% of daily need)

Calories: 189.91kcal (9.5%), Fat: 2.41g (3.7%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 37.26g (13.55%), Sugar: 24.85g (27.61%), Cholesterol: 7.32mg (2.44%), Sodium: 26.38mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Manganese: 0.42mg (20.84%), Calcium: 91.07mg (9.11%), Phosphorus: 79.81mg (7.98%), Fiber: 1.81g (7.25%), Selenium: 4.24µg (6.05%), Vitamin B2: 0.09mg (5.51%), Vitamin B12: 0.33µg (5.49%), Potassium: 188.41mg (5.38%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.38mg (3.83%), Vitamin B6: 0.08mg (3.79%), Magnesium: 13.51mg (3.38%), Zinc: 0.49mg (3.28%), Vitamin B1: 0.04mg (2.88%), Iron: 0.38mg (2.1%), Vitamin A: 100.29IU (2.01%), Copper: 0.03mg (1.63%), Vitamin B3: 0.23mg (1.17%)