



Maple Brown Rice Pudding



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons almonds sliced
- ☐ 1.5 cups brown rice cooked
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk 1% low-fat
- ☐ 3 tablespoons maple syrup

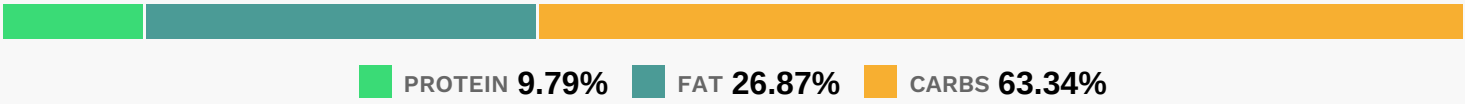
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐
- Combine rice, milk, maple syrup, and cinnamon in a microwave-safe bowl.
- ☐
- Microwave at HIGH 6 to 8 minutes, stirring occasionally, until most of milk is absorbed. Top with almonds.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:9.5900001105569%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 193.6kcal (9.68%), Fat: 5.88g (9.05%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 28.49g (10.36%), Sugar: 10.89g (12.1%), Cholesterol: 1.48mg (0.49%), Sodium: 13.71mg (0.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Manganese: 1.42mg (71.01%), Vitamin B2: 0.35mg (20.86%), Vitamin E: 2.57mg (17.14%), Magnesium: 66.01mg (16.5%), Phosphorus: 134.95mg (13.5%), Fiber: 2.7g (10.8%), Calcium: 90.24mg (9.02%), Copper: 0.16mg (8.17%), Vitamin B1: 0.12mg (8.12%), Vitamin B6: 0.14mg (7.04%), Vitamin B3: 1.38mg (6.92%), Zinc: 1mg (6.68%), Potassium: 212.8mg (6.08%), Iron: 0.8mg (4.42%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.32µg (2.16%), Folate: 7.93µg (1.98%), Selenium: 1.04µg (1.48%), Vitamin A: 58.66IU (1.17%)