



Mexican Rice Pudding (

 Vegetarian  Gluten Free

READY IN



43 min.

SERVINGS



4

CALORIES



723 kcal

Ingredients

- 1 cinnamon sticks
- 14 ounce condensed milk canned
- 12 ounce evaporated milk canned
- 0.8 cup golden raisins
- 7 cups water
- 1 cup rice long-grain white
- 1 cup milk whole

Equipment

- bowl

sauce pan

Directions

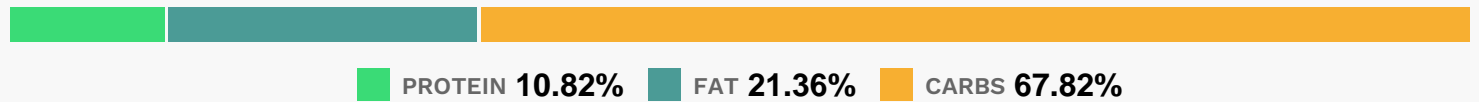
Watch how to make this recipe.

Put the water, rice, and cinnamon stick in a medium-size heavy saucepan set over medium-high heat. Bring to a boil, uncovered, and cook until the rice is tender, about 18 minutes. Strain out the liquid, discard the cinnamon and reserve the rice. Return the rice to the saucepan. Stir in the evaporated milk, condensed milk, and whole milk. Continue cooking over medium-high heat until the mixture comes to a boil. Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, about 20 minutes.

Add the raisins, and stir well.

Transfer the pudding to a serving bowl. Dust the top of the pudding with ground cinnamon and serve.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:67.91, Inflammation Score:-5, Nutrition Score:19.26565214862%

Flavonoids

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 723kcal (36.15%), Fat: 17.46g (26.85%), Saturated Fat: 10.61g (66.34%), Carbohydrates: 124.67g (41.56%), Net Carbohydrates: 122.51g (44.55%), Sugar: 81.62g (90.69%), Cholesterol: 65.72mg (21.91%), Sodium: 265.71mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.9g (39.79%), Calcium: 627.35mg (62.73%), Phosphorus: 570.31mg (57.03%), Vitamin B2: 0.84mg (49.45%), Manganese: 0.75mg (37.66%), Selenium: 25µg (35.72%), Potassium: 977.09mg (27.92%), Vitamin B5: 2.02mg (20.24%), Magnesium: 79.27mg (19.82%), Zinc: 2.49mg (16.57%), Vitamin B12: 0.9µg (15.03%), Copper: 0.3mg (14.94%), Vitamin B6: 0.3mg (14.77%), Vitamin B1: 0.2mg (13.21%), Vitamin A: 569.59IU (11.39%), Fiber: 2.15g (8.61%), Vitamin B3: 1.5mg (7.5%), Iron: 1.28mg (7.11%), Vitamin D: 0.95µg (6.36%), Vitamin C: 5.1mg (6.18%), Folate: 22.29µg (5.57%), Vitamin E: 0.43mg (2.86%), Vitamin K: 2.56µg (2.44%)