



## Pecan Rice Pudding

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

### Ingredients

- 1 teaspoon lemon zest grated
- 0.3 cup maple syrup
- 1 quart milk
- 0.5 cup pecan halves
- 2.3 cups rice white uncooked

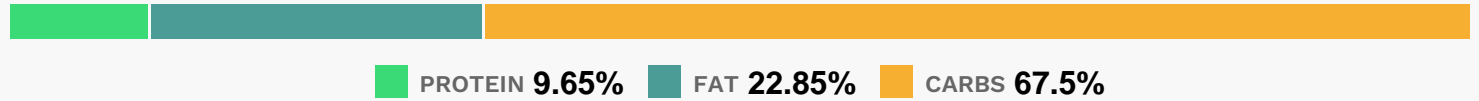
### Equipment

- sauce pan

## Directions

- In a medium saucepan over medium heat, bring rice and milk to a boil. Reduce heat, cover and simmer 25 minutes. Stir in maple syrup, lemon zest and pecans.
- Pour into serving dishes and chill until set.

## Nutrition Facts



## Properties

Glycemic Index:18.21, Glycemic Load:30.46, Inflammation Score:-3, Nutrition Score:10.360869605904%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 339.99kcal (17%), Fat: 8.58g (13.21%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 57.06g (19.02%), Net Carbohydrates: 55.77g (20.28%), Sugar: 14.05g (15.61%), Cholesterol: 14.2mg (4.73%), Sodium: 48.78mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Manganese: 1.16mg (57.89%), Vitamin B2: 0.37mg (21.61%), Phosphorus: 196.48mg (19.65%), Calcium: 179.36mg (17.94%), Selenium: 10.34µg (14.77%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 1.02mg (10.23%), Vitamin B1: 0.15mg (10.17%), Zinc: 1.43mg (9.51%), Copper: 0.19mg (9.51%), Magnesium: 37.54mg (9.39%), Vitamin D: 1.3µg (8.67%), Vitamin B6: 0.17mg (8.55%), Potassium: 293.23mg (8.38%), Vitamin B3: 1.04mg (5.2%), Fiber: 1.3g (5.19%), Vitamin A: 195.23IU (3.9%), Iron: 0.59mg (3.28%), Folate: 5.56µg (1.39%), Vitamin E: 0.2mg (1.36%)