



Rice and Raisin Breakfast Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 3 cups brown rice cooked
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup real maple syrup
- ☐ 0.5 cup raisins
- ☐ 1 cup soy milk
- ☐ 1 cup water

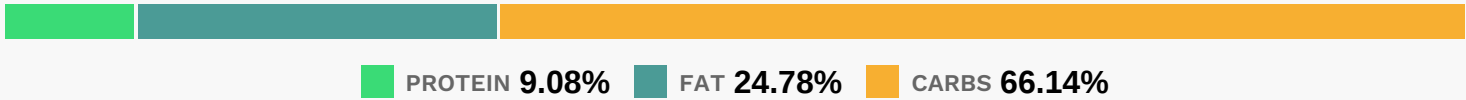
Equipment

☐ bowl

Directions

- ☐ Combine cooked rice, raisins, maple syrup, soy milk, almonds, cinnamon and cardamom. Bring to a boil over medium-high heat.
- ☐ Immediately reduce heat to low and simmer, stirring frequently to prevent scorching, until thickened, about 5 to 8 minutes. Spoon into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:50.23, Glycemic Load:29.94, Inflammation Score:-6, Nutrition Score:19.253478264031%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 403.85kcal (20.19%), Fat: 11.43g (17.58%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 61.97g (22.53%), Sugar: 14.34g (15.93%), Cholesterol: 0mg (0%), Sodium: 41.08mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Manganese: 2.68mg (134.07%), Vitamin E: 6.07mg (40.5%), Vitamin B2: 0.63mg (36.94%), Magnesium: 123.74mg (30.94%), Fiber: 6.67g (26.68%), Vitamin B3: 4.76mg (23.81%), Copper: 0.44mg (22.1%), Phosphorus: 212.95mg (21.3%), Vitamin B6: 0.42mg (20.77%), Calcium: 180.06mg (18.01%), Vitamin B1: 0.26mg (17.11%), Potassium: 529.52mg (15.13%), Iron: 2.3mg (12.75%), Zinc: 1.81mg (12.09%), Vitamin B12: 0.64µg (10.62%), Folate: 33.17µg (8.29%), Vitamin B5: 0.67mg (6.67%), Vitamin C: 5.3mg (6.42%), Vitamin D: 0.71µg (4.72%), Vitamin A: 233.52IU (4.67%), Selenium: 2.21µg (3.16%)