



Rice Cooker Rice Pudding



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups short-grain rice white
- ☐ 2.5 cups skim milk
- ☐ 1 cup sugar white

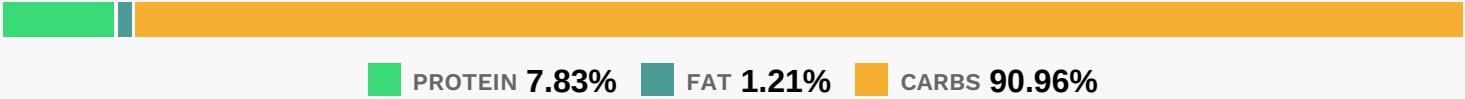
Equipment

- ☐ rice cooker

Directions

☐ Place 5 1/2 cups skim milk, rice, sugar, and cinnamon in a rice cooker; stir to combine. Cover and cook for one cycle in rice cooker until rice is tender and creamy, 20 minutes. Stir in the remaining 2 1/2 cup milk. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:50, Inflammation Score:-5, Nutrition Score:8.8717391726601%

Nutrients (% of daily need)

Calories: 301.59kcal (15.08%), Fat: 0.4g (0.62%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 66.85g (24.31%), Sugar: 28.82g (32.02%), Cholesterol: 2.3mg (0.77%), Sodium: 32.15mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Folate: 117.04µg (29.26%), Manganese: 0.54mg (27.18%), Vitamin B1: 0.33mg (21.69%), Selenium: 9.24µg (13.19%), Phosphorus: 129.5mg (12.95%), Iron: 2.14mg (11.88%), Vitamin B3: 2.15mg (10.74%), Calcium: 104.07mg (10.41%), Vitamin B5: 0.92mg (9.17%), Vitamin B2: 0.13mg (7.59%), Vitamin B12: 0.44µg (7.4%), Vitamin B6: 0.13mg (6.51%), Zinc: 0.9mg (6%), Fiber: 1.47g (5.87%), Vitamin D: 0.84µg (5.61%), Copper: 0.11mg (5.44%), Magnesium: 20.76mg (5.19%), Potassium: 166.9mg (4.77%), Vitamin A: 156.56IU (3.13%)