



Rice Pudding

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



172 kcal

DESSERT

Ingredients

- 1 cup arborio rice
- 1 cinnamon sticks
- 0.5 teaspoon ground cinnamon for dusting plus more
- 0.3 teaspoon ground nutmeg
- 1 pinch salt
- 3 cups vanilla soy milk
- 0.3 cup sugar
- 2 tablespoons condensed milk sweetened

- 0.5 teaspoon vanilla extract
- 2 cups water

Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- Preheat the oven to 375 degrees F.
- Bring the water to a boil in a medium sized, heavy, ovenproof saucepan.
- Add the rice, cover, and simmer for 20 minutes, until rice is nearly cooked. In a large bowl, whisk the soymilk, sugar, and salt. When the rice is cooked and still hot, add the soymilk mixture and cinnamon stick. Cover, place in the oven and cook for 45 minutes.
- Remove from the oven, uncover, and remove the cinnamon stick. Stir in the vanilla, cinnamon and nutmeg. Pudding will be slightly liquidy; the liquid will continue to absorb into the rice and thicken as the pudding cools. Distribute among 8 bowls, drizzle each with 1 teaspoon of the condensed milk. Dust with cinnamon and nutmeg, if desired.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:22.6, Inflammation Score:-5, Nutrition Score:9.4099999594948%

Nutrients (% of daily need)

Calories: 171.88kcal (8.59%), Fat: 2.38g (3.66%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 30.94g (11.25%), Sugar: 11.26g (12.51%), Cholesterol: 1.7mg (0.57%), Sodium: 58.8mg (2.56%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.65g (9.3%), Folate: 86.7µg (21.68%), Vitamin B3: 3.96mg (19.81%), Manganese: 0.36mg (18.02%), Vitamin B12: 0.98µg (16.3%), Vitamin E: 2.25mg (15.01%), Calcium:

146.47mg (14.65%), Vitamin B1: 0.2mg (13.4%), Vitamin B6: 0.25mg (12.63%), Vitamin B2: 0.21mg (12.39%), Selenium: 6.61µg (9.44%), Copper: 0.17mg (8.74%), Iron: 1.55mg (8.63%), Vitamin C: 6.53mg (7.91%), Vitamin A: 362.88IU (7.26%), Vitamin D: 1.07µg (7.15%), Fiber: 1.37g (5.46%), Potassium: 165.47mg (4.73%), Zinc: 0.55mg (3.69%), Phosphorus: 36.91mg (3.69%), Vitamin B5: 0.36mg (3.61%), Magnesium: 8.12mg (2.03%)