



## Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



178 kcal

### Ingredients

- ☐ 1 dash cinnamon
- ☐ 2 tbsp cornstarch
- ☐ 2 cups plant-based milk

### Equipment

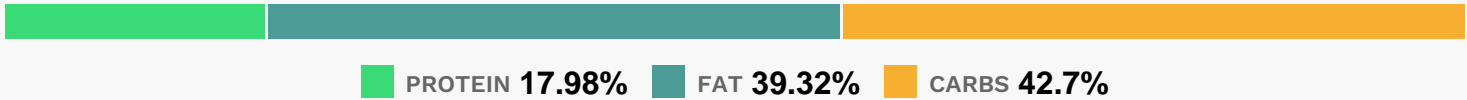
- ☐ sauce pan
- ☐ whisk

### Directions

- ☐ Combine rice with 1 cup of non-dairy milk in a sauce pan, cover and bring to a boil over high heat. Once boiling reduce to low and continue to cook until rice is cooked and all non-dairy milk has been absorbed. Meanwhile whisk remaining 1 cup of non-dairy milk with cornstarch until well combined. Once rice is cooked, stir in non-dairy milk/cornstarch mixture and raisins. Bring to a boil over high heat and reduce to medium once boiling. Allow the pudding to thicken up, stirring occasionally.
- ☐ Add sweetener here if desired (brown sugar, agave, pure maple syrup--I find the raisins make it sweet enough, esp. with sweetened non-dairy milk, but most traditional recipes call for sugar). If the pudding becomes too thick, thin out with non-dairy milk. If it's not thick enough, continue to cook. Once thick and creamy (takes 3-5 mins) stir in cinnamon as desired (I like 1/4 to 1/2 tsp). Allow pudding to completely cool then transfer to fridge in an air-tight container. Chill for several hours before serving. \*\*If you find your pudding didn't turn out sweet enough, drizzle a little pure maple syrup over top.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 90gDietary Fiber1.20gSugars14.30gProtein0.90g

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:4.34, Inflammation Score:-3, Nutrition Score:8.2917391009143%

Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 7.82g (12.03%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 18.76g (6.82%), Sugar: 11.75g (13.05%), Cholesterol: 29.28mg (9.76%), Sodium: 93.49mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Calcium: 305.29mg (30.53%), Phosphorus: 247.8mg (24.78%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (19.82%), Vitamin D: 2.68µg (17.89%), Potassium: 368.39mg (10.53%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.91mg (9.12%), Vitamin A: 396.76IU (7.94%), Vitamin B6: 0.15mg (7.48%), Magnesium: 29.82mg (7.46%), Selenium: 4.88µg (6.97%), Zinc: 1.01mg (6.76%), Manganese: 0.1mg (5.07%), Fiber: 0.34g (1.35%), Vitamin B3: 0.26mg (1.31%)