



Rice Pudding with Raisins and Cinnamon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



392 kcal

DESSERT

Ingredients

- 2 cinnamon sticks
- 1 cup evaporated milk
- 0.8 cup golden raisins
- 10 servings ground cinnamon
- 1 lemon zest grated
- 3 inch lemon zest yellow (part only)
- 0.5 teaspoon salt
- 2 tablespoons sugar

- 1 cup condensed milk sweetened
- 2 vanilla pod split
- 6 cups water
- 2 cups rice long-grain white
- 5 cups milk whole ()

Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring 2 cups water to boil in medium saucepan.
- Remove from heat.
- Add rice; let stand 15 minutes.
- Pour rice into strainer and drain, then rinse rice under cold running water until water runs clear.
- Bring 4 cups water to boil in large saucepan.
- Add rice, lemon peel strips, and salt and return to boil. Reduce heat to low, cover, and simmer until rice is almost tender, about 10 minutes.
- Drain. Discard lemon peel.
- Combine 5 cups milk, sweetened condensed milk, evaporated milk, and 2 canela sticks in heavy large saucepan. Scrape in seeds from vanilla beans; add beans. Bring to boil. Reduce heat to medium and boil gently until mixture thickens and is reduced to 2 3/4 cups, about 30 minutes. Stir in rice, raisins, and sugar. Stir until raisins are plump and flavors blend, about 5 minutes.
- Spoon pudding into bowls.
- Sprinkle with ground cinnamon and grated lemon peel.
- Garnish with canela sticks, if desired.

Nutrition Facts

PROTEIN 11.32% FAT 20.25% CARBS 68.43%

Properties

Glycemic Index:29.69, Glycemic Load:36.49, Inflammation Score:-4, Nutrition Score:12.658260920773%

Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 392.24kcal (19.61%), Fat: 8.96g (13.79%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 65.64g (23.87%), Sugar: 34.04g (37.82%), Cholesterol: 32.35mg (10.78%), Sodium: 238.84mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Manganese: 0.92mg (45.81%), Calcium: 352.09mg (35.21%), Phosphorus: 308.74mg (30.87%), Vitamin B2: 0.42mg (24.52%), Selenium: 13.2µg (18.85%), Potassium: 510.45mg (14.58%), Vitamin B12: 0.83µg (13.9%), Vitamin B5: 1.25mg (12.5%), Magnesium: 44.95mg (11.24%), Vitamin B6: 0.2mg (10.25%), Fiber: 2.49g (9.98%), Zinc: 1.49mg (9.92%), Vitamin D: 1.43µg (9.52%), Vitamin B1: 0.14mg (9.06%), Copper: 0.16mg (8.2%), Vitamin A: 348.22IU (6.96%), Vitamin B3: 1mg (4.99%), Iron: 0.83mg (4.64%), Vitamin C: 3.48mg (4.22%), Folate: 9.01µg (2.25%), Vitamin K: 1.96µg (1.87%), Vitamin E: 0.27mg (1.8%)