



## Rice Surprise



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

## Ingredients

- ☐ 1.5 cups heavy cream
- ☐ 1 cup pineapple crushed drained
- ☐ 0.3 cup rice white
- ☐ 0.3 cup sugar white

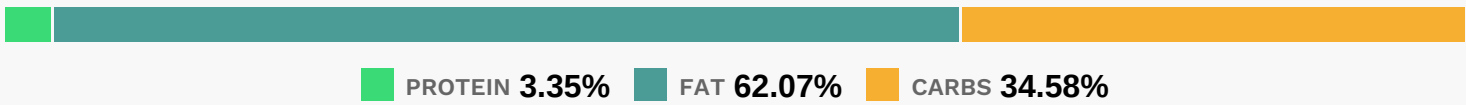
## Equipment

- ☐ sauce pan
- ☐ mixing bowl

# Directions

- ☐ In a saucepan bring salted water to a boil.
- ☐ Add rice, reduce heat, cover and simmer for 20 minutes.
- ☐ Rinse, drain, and chill the cooked rice.
- ☐ In a small glass or metal mixing bowl, whip the cream, adding sugar gradually until the cream becomes fluffy. Then, fold the whipped cream and drained pineapple into the chilled, cooked rice. Spoon the mixture into dessert dishes and serve.

## Nutrition Facts



## Properties

Glycemic Index:32.82, Glycemic Load:19.05, Inflammation Score:-6, Nutrition Score:6.09391304721%

## Nutrients (% of daily need)

Calories: 459.38kcal (22.97%), Fat: 32.44g (49.91%), Saturated Fat: 20.56g (128.5%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 39.69g (14.43%), Sugar: 27.69g (30.77%), Cholesterol: 100.85mg (33.62%), Sodium: 25.63mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Vitamin A: 1341.55IU (26.83%), Vitamin B2: 0.19mg (11.23%), Vitamin D: 1.43µg (9.52%), Manganese: 0.17mg (8.46%), Selenium: 5.34µg (7.63%), Vitamin C: 6.1mg (7.39%), Phosphorus: 73.63mg (7.36%), Calcium: 72.85mg (7.29%), Vitamin B1: 0.09mg (5.93%), Vitamin E: 0.85mg (5.67%), Copper: 0.11mg (5.41%), Vitamin B6: 0.1mg (5.04%), Potassium: 176.19mg (5.03%), Magnesium: 18.97mg (4.74%), Fiber: 0.97g (3.88%), Vitamin B5: 0.38mg (3.84%), Vitamin K: 3.29µg (3.13%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.14µg (2.38%), Vitamin B3: 0.47mg (2.36%), Iron: 0.39mg (2.15%), Folate: 7.76µg (1.94%)