



Rockin' Rice Pudding

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 1 teaspoon cinnamon divided
- 3 cups rice white cooked
- 1 lemon zest grated
- 3 cups milk
- 0.5 cup raisins
- 0.7 cup sugar
- 1 teaspoon vanilla extract

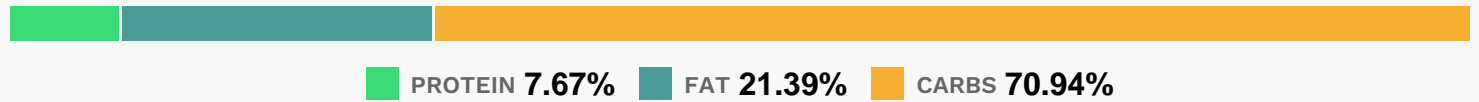
Equipment

sauce pan

Directions

- Watch how to make this recipe.
- Combine cooked rice, milk, sugar and butter in a medium saucepan.
- Add raisins and vanilla. Cook for 25 minutes until most of the liquid is absorbed.
- Mix in lemon zest and 1/2 teaspoon of cinnamon. Spoon pudding into a serving dish and dust with remaining cinnamon. May serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:55.15, Glycemic Load:46.69, Inflammation Score:-3, Nutrition Score:7.5978260817735%

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 8.05g (12.39%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 58.66g (21.33%), Sugar: 28.22g (31.36%), Cholesterol: 24.67mg (8.22%), Sodium: 80.92mg (3.52%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 6.5g (13%), Manganese: 0.47mg (23.53%), Phosphorus: 167.75mg (16.77%), Calcium: 167.44mg (16.74%), Vitamin B2: 0.21mg (12.24%), Selenium: 8.51µg (12.16%), Vitamin B12: 0.67µg (11.11%), Potassium: 315.93mg (9.03%), Vitamin D: 1.34µg (8.95%), Vitamin B6: 0.17mg (8.66%), Vitamin B5: 0.78mg (7.78%), Magnesium: 28.27mg (7.07%), Vitamin B1: 0.1mg (6.58%), Vitamin A: 315.74IU (6.31%), Zinc: 0.92mg (6.17%), Fiber: 1.42g (5.68%), Copper: 0.1mg (4.82%), Vitamin B3: 0.59mg (2.96%), Iron: 0.52mg (2.89%), Vitamin C: 1.96mg (2.37%), Vitamin E: 0.21mg (1.41%)