



## Rum-Raisin Arborio Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 0.3 cup rum dark
- ☐ 12 ounce evaporated milk low-fat canned
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.5 cups water

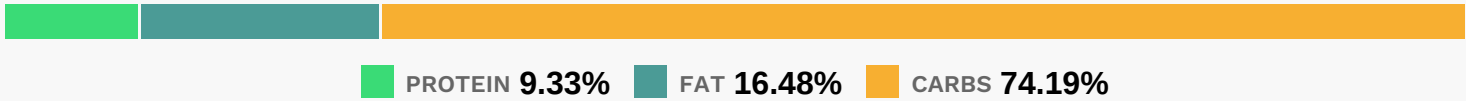
# Equipment

- ☐ sauce pan
- ☐ slow cooker

# Directions

- ☐ Combine raisins and rum. Cover and set aside.
- ☐ Combine evaporated milk and 1 1/2 cups water in a medium saucepan. Bring to a simmer over medium heat.
- ☐ Add sugar, stirring to dissolve.
- ☐ Remove from heat.
- ☐ Pour milk mixture into a 3-quart electric slow cooker. Stir in rice and salt. Cover and cook on LOW for 4 hours or just until pudding is set in center, stirring after 1 hour and again after 3 hours.
- ☐ Stir in raisin mixture and nutmeg; let stand, uncovered, 10 minutes.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:49.32, Glycemic Load:28.52, Inflammation Score:-4, Nutrition Score:6.8726086435111%

# Nutrients (% of daily need)

Calories: 268.13kcal (13.41%), Fat: 4.55g (7%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 44.53g (16.19%), Sugar: 16.81g (18.67%), Cholesterol: 16.44mg (5.48%), Sodium: 163.81mg (7.12%), Alcohol: 3.34g (100%), Alcohol %: 2.43% (100%), Protein: 5.8g (11.59%), Folate: 62.71µg (15.68%), Calcium: 154.22mg (15.42%), Manganese: 0.3mg (14.99%), Phosphorus: 148.49mg (14.85%), Vitamin B2: 0.22mg (12.69%), Vitamin B1: 0.18mg (12.15%), Potassium: 291.22mg (8.32%), Iron: 1.49mg (8.28%), Selenium: 5.22µg (7.46%), Vitamin B5: 0.69mg (6.89%), Vitamin B3: 1.28mg (6.38%), Fiber: 1.54g (6.16%), Magnesium: 23.73mg (5.93%), Copper: 0.11mg (5.57%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.09mg (4.7%), Vitamin A: 135.6IU (2.71%), Vitamin C: 1.73mg (2.1%), Vitamin B12: 0.09µg (1.51%)