Rum-Raisin Rice Pudding

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	425 kcal

Ingredients

- [ ] 0.3 cup almonds toasted sliced
- [ ] 0.3 teaspoon ground cinnamon
- [ ] 1 Dash ground nutmeg
- [ ] 0.5 cup raisins
- [ ] 0.3 cup rum
- [ ] 2 cups unseasoned rice simmered in water long-grain white hot cooked
- [ ] 7 ounce vanilla pudding snack cups

Equipment

- [ ] bowl

- [ ] microwave

Directions

- [ ] Start with hot cooked rice simmered in water.
- [ ] Combine raisins and rum in a microwave-safe bowl. Microwave at HIGH 2 minutes; let stand 5 minutes. Stir raisin mixture, vanilla pudding, almonds, cinnamon, and nutmeg into rice.

Nutrition Facts

PROTEIN **4.42%** FAT **10.07%** CARBS **85.51%**

Properties

Glycemic Index:66.95, Glycemic Load:31.67, Inflammation Score:-2, Nutrition Score:6.2195652432578%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 425.04kcal (21.25%), Fat: 4.44g (6.82%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 84.74g (28.25%), Net Carbohydrates: 81.82g (29.75%), Sugar: 39.81g (44.23%), Cholesterol: 0mg (0%), Sodium: 321.18mg (13.96%), Alcohol: 5.01g (100%), Alcohol %: 3.74% (100%), Protein: 4.38g (8.75%), Manganese: 0.63mg (31.61%), Vitamin E: 2mg (13.31%), Fiber: 2.92g (11.69%), Copper: 0.2mg (10.24%), Selenium: 6.8µg (9.72%), Magnesium: 36.15mg (9.04%), Phosphorus: 86.65mg (8.66%), Vitamin B2: 0.14mg (8.11%), Potassium: 245.01mg (7%), Vitamin B6: 0.12mg (5.94%), Iron: 0.98mg (5.42%), Zinc: 0.68mg (4.55%), Vitamin B3: 0.8mg (4.01%), Calcium: 37.79mg (3.78%), Vitamin B1: 0.05mg (3.57%), Vitamin B5: 0.35mg (3.53%), Folate: 6.48µg (1.62%), Vitamin C: 0.99mg (1.2%)