



Scandinavian Rice Pudding With Toasted Almonds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 4 teaspoons almonds toasted sliced
- ☐ 2 cups brown rice cooked
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup golden raisins
- ☐ 0.1 teaspoon ground cardamom
- ☐ 2 cups milk 1% low-fat

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract

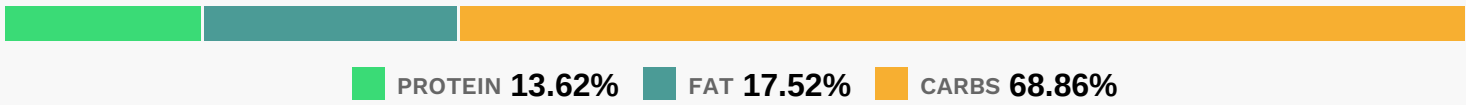
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine rice and milk in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally, until slightly thick.
- ☐ Combine egg and next 5 ingredients. Stir about 1 cup hot rice mixture into egg mixture.
- ☐ Add to remaining hot mixture in pan, and cook 5 minutes, stirring constantly, until mixture thickens. Stir in raisins.
- ☐ Sprinkle with almonds just before serving.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:38.79, Glycemic Load:16.36, Inflammation Score:-4, Nutrition Score:9.9639130286548%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 4.16g (6.39%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 34.55g (12.56%), Sugar: 15.62g (17.36%), Cholesterol: 41.92mg (13.97%), Sodium: 169.5mg (7.37%), Alcohol: 0.69g (100%), Alcohol %: 0.43% (100%), Protein: 7.27g (14.55%), Manganese: 0.98mg (49.16%), Phosphorus: 203.81mg (20.38%), Magnesium: 59.23mg (14.81%), Calcium: 146.61mg (14.66%), Vitamin B2: 0.25mg (14.42%), Vitamin B6: 0.23mg (11.31%), Vitamin B12: 0.66µg (11.08%), Vitamin B1: 0.14mg (9.67%), Potassium: 324.72mg (9.28%), Fiber: 2.2g (8.82%), Vitamin B5: 0.83mg (8.29%), Vitamin D: 1.24µg (8.26%), Zinc: 1.16mg (7.71%), Selenium: 5.28µg (7.54%), Copper: 0.14mg (7.07%), Vitamin B3: 1.39mg (6.93%), Vitamin E: 0.95mg (6.36%), Iron: 0.89mg (4.96%), Vitamin A: 239.06IU (4.78%), Folate: 11.41µg (2.85%)