



Sweet Heavenly Rice Dessert

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

Ingredients

- 15 ounce pineapple with juice reserved crushed drained canned
- 3 ounce non-instant vanilla pudding mix
- 0.5 cup rice instant
- 0.5 cup marshmallows miniature
- 2 cups milk
- 0.3 cup pecans chopped

Equipment

- sauce pan

Directions

- Bring 3/4 cup reserved pineapple juice to a boil in a medium saucepan. Stir in instant rice and simmer 2 minutes.
- Remove from heat, cover and let steam, 5 minutes.
- Prepare pudding mix with milk according to package directions. Fold marshmallows into hot pudding. Stir in pineapple, pecans and rice mixture. Chill until serving.

Nutrition Facts

 **PROTEIN 7.31%**  **FAT 24.7%**  **CARBS 67.99%**

Properties

Glycemic Index:28.28, Glycemic Load:10.94, Inflammation Score:-3, Nutrition Score:6.8134782806687%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 7.21g (11.09%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 42.84g (15.58%), Sugar: 27.92g (31.03%), Cholesterol: 9.76mg (3.25%), Sodium: 125.73mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Manganese: 0.44mg (22.25%), Phosphorus: 122.23mg (12.22%), Calcium: 120.77mg (12.08%), Vitamin B1: 0.17mg (11.24%), Copper: 0.19mg (9.51%), Vitamin B2: 0.14mg (8.5%), Vitamin C: 6.73mg (8.16%), Magnesium: 31.66mg (7.91%), Vitamin B12: 0.44µg (7.32%), Potassium: 255.48mg (7.3%), Fiber: 1.79g (7.17%), Vitamin B6: 0.14mg (7.04%), Selenium: 4.59µg (6.55%), Vitamin D: 0.89µg (5.96%), Zinc: 0.85mg (5.67%), Vitamin B5: 0.51mg (5.12%), Vitamin A: 170.59IU (3.41%), Vitamin B3: 0.61mg (3.04%), Iron: 0.5mg (2.76%), Folate: 6.15µg (1.54%), Vitamin E: 0.16mg (1.04%)