



Tangerine Rice Pudding (Sabor a Mandarina Arroz con Leche)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 8 servings grated tangerine zest for garnish grated for garnish
- ☐ 1 cup rice rinsed
- ☐ 1 pinch salt
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 rind of tangerine
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 cups water

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15.5 cups milk whole

Equipment

☐

bowl

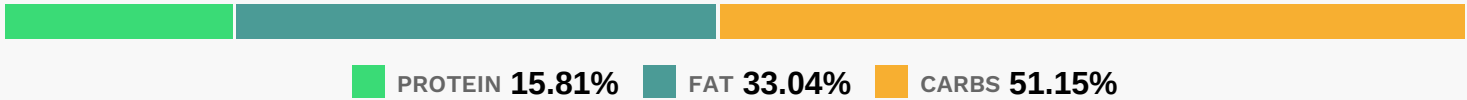
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sauce pan

Directions

- ☐
- In a large saucepan over high heat, combine the rice, water and salt and bring to a boil.
- ☐
- Add the tangerine rind, cinnamon sticks and reduce the heat to medium-low and cook uncovered, stirring once or twice, until the rice is tender, 30 to 35 minutes.
- ☐
- Remove the tangerine rind and cinnamon sticks. In a medium bowl mix together the milk, vanilla and condensed milk.
- ☐
- Pour the mixture over the rice, stir, and reduce the heat to low. Cook for about 20 minutes more stirring occasionally.Set aside to cool slightly or refrigerate. The rice pudding can be served warm, at room temperature, or cold. To serve: Spoon the rice pudding into bowls and garnish with tangerine zest.

Nutrition Facts



Properties

Glycemic Index:24.65, Glycemic Load:36.02, Inflammation Score:-6, Nutrition Score:21.165652295817%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 530.81kcal (26.54%), Fat: 19.63g (30.21%), Saturated Fat: 11.57g (72.32%), Carbohydrates: 68.4g (22.8%), Net Carbohydrates: 67.6g (24.58%), Sugar: 49.82g (55.36%), Cholesterol: 73.69mg (24.56%), Sodium: 253.3mg (11.01%), Alcohol: 0.09g (100%), Alcohol %: 0.02% (100%), Protein: 21.14g (42.29%), Calcium: 740.67mg (74.07%), Phosphorus: 630.54mg (63.05%), Vitamin B2: 0.87mg (51.24%), Vitamin B12: 2.77µg (46.23%), Vitamin D: 5.3µg (35.33%), Selenium: 19.87µg (28.38%), Potassium: 925.28mg (26.44%), Vitamin B5: 2.38mg (23.76%), Vitamin B1: 0.33mg (21.74%), Manganese: 0.43mg (21.35%), Magnesium: 76.93mg (19.23%), Vitamin A: 901.4IU (18.03%), Zinc: 2.69mg (17.92%), Vitamin B6: 0.35mg (17.69%), Vitamin B3: 0.99mg (4.95%), Copper: 0.08mg (4.06%), Fiber: 0.79g

(3.17%), Vitamin E: 0.36mg (2.43%), Iron: 0.36mg (2%), Vitamin C: 1.61mg (1.96%), Vitamin K: 2.02µg (1.92%), Folate: 7.45µg (1.86%)