



Warm Fruity Rice Pudding

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



195 kcal

Ingredients

- 14 oz fruit cocktail drained canned
- 0.5 tsp ground ginger
- 1 cup rice white instant uncooked
- 2 cups milk
- 3 oz jell-o vanilla flavor cook & serve pudding

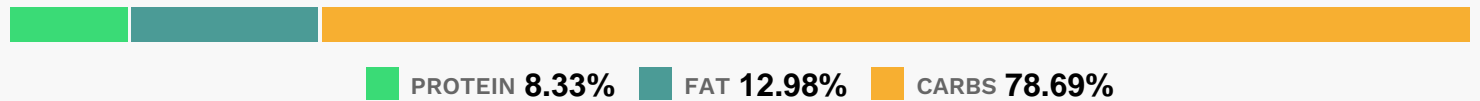
Equipment

- sauce pan

Directions

- Mix milk, reserved fruit cocktail liquid, pudding mix, ginger and rice in medium saucepan until blended.
- Bring to boil on medium heat; cook until thickened, stirring constantly.
- Remove from heat; stir in fruit.
- Let stand 15 min. before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:6.51, Inflammation Score:-4, Nutrition Score:6.3295652296232%

Nutrients (% of daily need)

Calories: 195.2kcal (9.76%), Fat: 2.85g (4.38%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.79g (13.74%), Sugar: 24.39g (27.09%), Cholesterol: 9.76mg (3.25%), Sodium: 126.36mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Manganese: 0.29mg (14.64%), Vitamin B1: 0.19mg (12.68%), Calcium: 108.04mg (10.8%), Phosphorus: 106.87mg (10.69%), Selenium: 7.42µg (10.6%), Folate: 41.42µg (10.36%), Vitamin B2: 0.13mg (7.7%), Vitamin B12: 0.44µg (7.32%), Vitamin B3: 1.36mg (6.78%), Iron: 1.14mg (6.31%), Vitamin D: 0.89µg (5.96%), Potassium: 189.56mg (5.42%), Vitamin A: 269.39IU (5.39%), Vitamin B6: 0.1mg (5.09%), Fiber: 1.04g (4.16%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.61mg (4.04%), Magnesium: 15.4mg (3.85%), Copper: 0.08mg (3.81%), Vitamin E: 0.38mg (2.51%), Vitamin K: 1.98µg (1.89%), Vitamin C: 1.26mg (1.52%)