



## White Chocolate-Cherry Rice Pudding

 Vegetarian  Gluten Free

READY IN



11 min.

SERVINGS



8

CALORIES



182 kcal

DESSERT

### Ingredients

- 1 tablespoon butter
- 0.3 cup cherries dried
- 0.3 teaspoon ground cinnamon
- 1 ounce chocolate pudding mix white sugar-free instant
- 1 cup rice instant
- 2 tablespoons brown sugar light
- 3.5 cups milk 1% low-fat divided
- 0.1 teaspoon salt

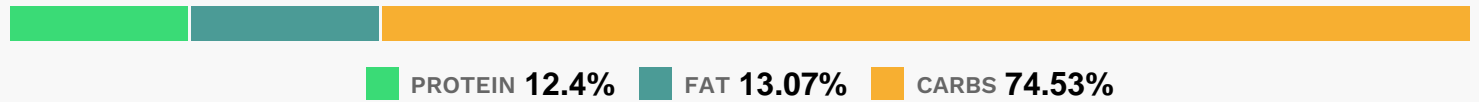
# Equipment

- sauce pan

# Directions

- Bring 1 1/2 cups milk, dried cherries, and next 4 ingredients to a boil in a medium saucepan over medium heat, stirring occasionally. Stir in rice; cover, and reduce heat to low. Simmer 5 minutes, stirring occasionally.
- While rice mixture cooks, prepare pudding mix according to package directions using remaining 2 cups milk. Stir prepared pudding into rice mixture.
- Serve warm.
- Garnish with cinnamon sticks, if desired.

# Nutrition Facts



# Properties

Glycemic Index:14.52, Glycemic Load:11.13, Inflammation Score:-3, Nutrition Score:5.7256521789924%

# Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 2.62g (4.03%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.7g (11.89%), Sugar: 13.08g (14.53%), Cholesterol: 8.93mg (2.97%), Sodium: 141.31mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Calcium: 145.1mg (14.51%), Manganese: 0.28mg (14.03%), Phosphorus: 136.07mg (13.61%), Vitamin B12: 0.63µg (10.55%), Vitamin B2: 0.16mg (9.32%), Vitamin A: 425.58IU (8.51%), Selenium: 5.8µg (8.29%), Vitamin D: 1.14µg (7.57%), Vitamin B5: 0.61mg (6.14%), Potassium: 203.81mg (5.82%), Vitamin B6: 0.1mg (5.08%), Magnesium: 20.11mg (5.03%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.72mg (4.81%), Fiber: 0.94g (3.75%), Copper: 0.07mg (3.31%), Vitamin B3: 0.5mg (2.5%), Iron: 0.34mg (1.89%), Folate: 4.11µg (1.03%)