

## CINNAMON RAISIN RICE PUDDING

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Short-grain rice (Arborio rice)	1 cup
Water	3 cups
Sweetened condensed milk (14 fl oz)	1 can (396g)
Vanilla extract	½ tsp.
Cinnamon, ground	¼ tsp.
Raisins	½ cup
Salt	1 pinch

### Method

1. Combine rice and water in a large microwave safe bowl. Cover bowl and microwave on P10 for 15 minutes. Remove.
2. Add remaining ingredients to the bowl with cooked rice and mix thoroughly.
3. Cook uncovered at P6 for 6 minutes, stirring 3 times.

<b>Nutrition Facts</b>	
Serving Size 1 serving	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 29g	
<b>Protein</b> 6g	
Vitamin A 2%	• Vitamin C 2%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	