

CINNAMON RAISIN RICE PUDDING

Yield: 10 Portions

Ingredients	Amounts
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.

Nutrition Facts	
Serving Size 1 serving	
Servings Per Container 10	
Amount Per Serving	
Calories 270	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 51g	17%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 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	