

Eat Smart • Move More

Pudín de Arroz

Tiempo de Preparación: 5 minutos

Tiempo Total: 50 minutos

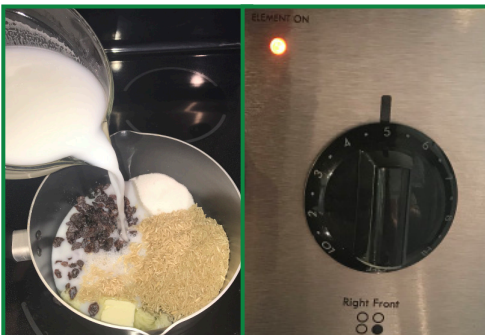


Ingredientes

- 3 tazas de leche al 1%
- 1 taza de arroz integral
- ½ taza de uvas pasa
- 3 cucharadas de azúcar
- 1 cucharada de manteca
- 1 cucharadita de extracto de vainilla
- ¼ cucharadita de canela molida



Preparación



1. Colocar la leche, el arroz integral, las uvas pasa, el azúcar y la manteca en una olla a calor medio.



2. Cocinar sin tapar 35-45 minutos hasta que la mezcla se espese, revolviendo seguido.



3. Remover la olla del calor. Agregar la vainilla y la canela.



4. Servir. Refrigerar las sobras.

Nutrition Facts

4 servings per container		1 serving
Serving size		(261.57g)
Amount per serving		370
Calories		
		% Daily Value*
Total Fat	6g	8%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	90mg	4%
Total Carbohydrate	68g	25%
Dietary Fiber	3g	11%
Total Sugars	31g	
Includes 9g of Added Sugars		18%
Protein	10g	
Vitamin D	2mcg	10%
Calcium	247mg	20%
Iron	1mg	6%
Potassium	528mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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