



A Nutrition Resource



RICE DESSERT

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.42

Ingredients:

- 1 (8-ounce) can crushed pineapple in juice, drained
- 1 cup cooked brown rice, chilled
- 1 cup yogurt, plain or vanilla
- 1 cup applesauce
- 1/4 cup raisins

Directions:

- 1) Put aside 1/4 cup of drained pineapple.
- 2) Mix all other ingredients together in a medium sized bowl.
- 3) Serve in small dishes.
- 4) Top with the remaining crushed pineapple.

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (155g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 81mg 6%

Iron 1mg 6%

Potassium 155mg 4%

*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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