



Rice Dessert

Servings: 6

Serving Size: 1/2 cup

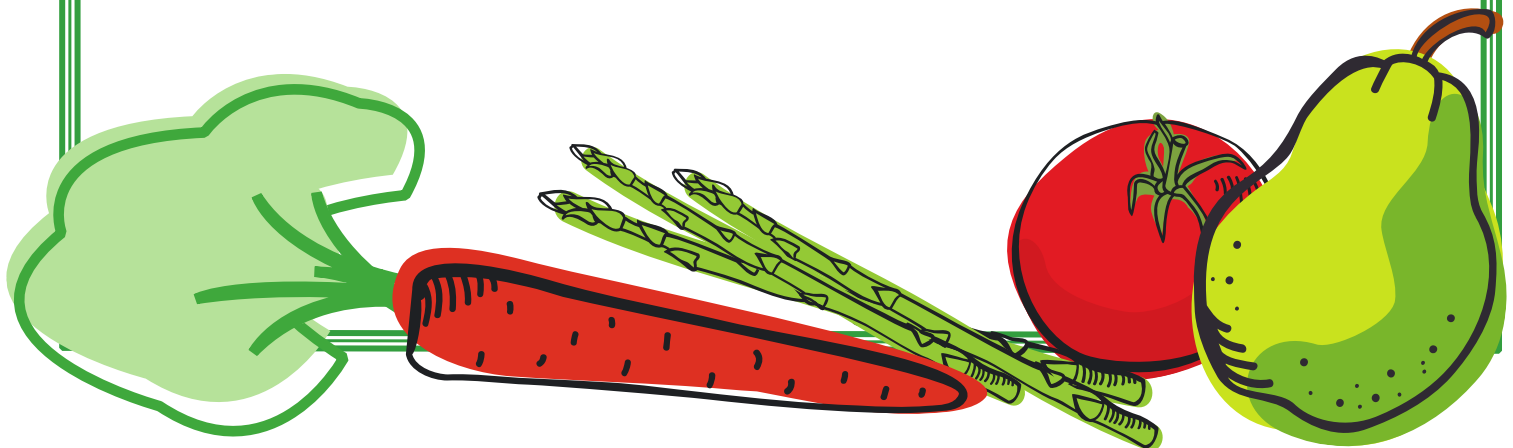
Ingredients:

- 1 cup cooked brown rice, chilled
- 1 cup non-fat plain or vanilla yogurt
- 1 cup apple sauce
- 1/4 cup raisins
- 1 8 ounce can crushed pineapple in 100% juice, drained

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 remaining crushed pineapple.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 3g	
Vitamin A 2%	• Vitamin C 6%
Calcium 8%	• Iron 4%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

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