

RENAL RECIPE

# ARROZ CON DULCE

https://menutritionpr.com

## Ingredients

- 3 cinnamon sticks
- 1/2 teaspoon anise seeds
- 20 cloves
- 1.5 ounce fresh ginger cut in pieces
- 3 cups water
- 1 cup short-grain white rice
- 1/2 cup canned coconut milk
- 1 1/2 cup 1% low-fat milk
- 1/2 teaspoon salt
- 2 tablespoons raisins
- 1/2 cup sugar or 1/3 cup sugar substitute
- 1 teaspoon vanilla extract

Optional (as garnish)

- Ground cinnamon
- Unsweetened coconut flakes

## Servings

**10 PORTIONS**

## Procedure

1. Let rice soak in water for a minimum of 2 hours. Water should cover rice by 2".

2. Simmer cinnamon stick, ground anise seed and cloves in a small amount of water for about 15 minutes. Drain the spices and reserve the water.

3. Drain the rice.

3. Add 3 cups of water and the spiced water to a big saucepan (or "caldero"). When water is boiling, add the rice, coconut milk and low fat milk. Cover and reduce to medium heat. Cook for about 20 minutes.

4. Add the raisins, sugar or sugar substitute and the vanilla. Finish cooking uncovered and mixing until all the liquid is absorbed for about 15 minutes.

5. Pour the mixture to a mold or 10 individual molds. Add ground cinnamon and/or coconut flakes (optional). Refrigerate. Eat cold.

## Nutrition Facts

| | Original Recipe<br>8 Portions | Modified Recipe<br>10 Portions | Modified Recipe without Sugar<br>10 Portions |
|---|---|---|---|
| Calories | 520 | 155 | 119 |
| Total Fat (g) | 24 | 3 | 3 |
| Potassium (mg) | 310 | 114 | 114 |
| Carbohydrates (g) | 76 | 29 | 2 |
| Sugar (g) | 41 | 13 | 3 |
| Protein (g) | 5 | 3 | 3 |
| Phosphorous (mg) | 137 | 68 | 68 |