



# MILK RICE

# SPAIN

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# INGREDIENTS

- **Milk**
- **Rice**
- **Sugar**
- **Lemon**
- **Cinnamon**



# PROCEDURE

- Put the milk in a caserole.
- When it starts to boil, add the rice, the cinnamon sticks and the lemon peel.
- Cook slowly, stirring occasionally, for an hour or an hour and a half.
- Add the sugar.
- Let it boil gently for 10 minutes

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- Remove the cinnamon sticks and the lemon peel.
  - Then put the milk rice in a tray and let it cool in the fridge for two to three hours.
  - Before serving, sprinkle the ground cinnamon.

# NUTRITIONAL VALUE PER 100 g

- Fat: 1.6 g.
- Carbohydrates: 21 g.
- Protein: 3.3 g.
- Calories: 111



# COMMENTS

- Milk rice is a typical dessert of some areas of the North of Spain such Asturias and the Basque Country.
- Milk rice is a recipe that combines two fundamental foods of the diet: rice, which is a cereal that provides carbohydrates such as starch, and milk, which is a dairy food that provides carbohydrates and proteins such as lactose and casein.

# REFERENCES

- [www.food.com](http://www.food.com)
- [www.hogarmania.com](http://www.hogarmania.com)