

Pineapple Pudding

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-pineapple-pudding-recipe>

Ingredients:

- 1 pineapple small
- 4 bananas
- 2/3 cup rice
- 3 tablespoons sugar
- 3 1/8 cups milk
- 1 tablespoon grated lemon peel

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 20 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 140 milligrams
9. Sugar: 58 grams

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