



Baked Rice Pudding



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 1 cup rice cooked
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2.5 cups milk
- ☐ 0.8 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla extract

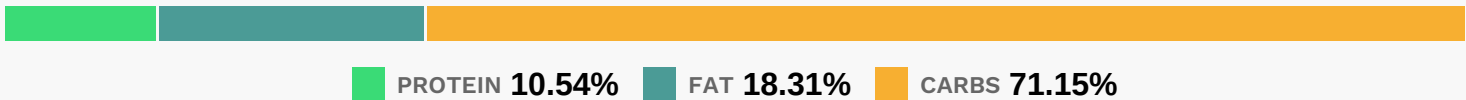
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 325 degrees F. Lightly grease a 9-inch glass baking dish.
- ☐ In a large bowl, stir together first 7 ingredients. Spoon into prepared baking dish.
- ☐ Place baking dish in a large pan; pour water into the pan to a depth of 1-inch.
- ☐ Bake for 1 1/2 hours, or until lightly browned and set.
- ☐ Combine cinnamon and nutmeg; sift over top of pudding. Cool slightly and cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:58.48, Glycemic Load:34.88, Inflammation Score:-2, Nutrition Score:7.7404347774775%

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 5.92g (9.1%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 50.28g (18.29%), Sugar: 30.06g (33.4%), Cholesterol: 105.2mg (35.07%), Sodium: 176.71mg (7.68%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.66g (15.32%), Phosphorus: 177.42mg (17.74%), Vitamin B2: 0.3mg (17.44%), Selenium: 11.85µg (16.92%), Calcium: 148.96mg (14.9%), Vitamin B12: 0.77µg (12.86%), Manganese: 0.22mg (10.9%), Vitamin D: 1.62µg (10.79%), Potassium: 348.26mg (9.95%), Vitamin B5: 0.87mg (8.74%), Vitamin B6: 0.16mg (8.18%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.91mg (6.06%), Magnesium: 24.13mg (6.03%), Vitamin A: 300.28IU (6.01%), Fiber: 1.44g (5.77%), Iron: 0.99mg (5.5%), Copper: 0.1mg (4.78%), Folate: 13.16µg (3.29%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.33mg (2.18%), Vitamin C: 0.99mg (1.2%)