

GLUTEN FREE

Bobby's Rice Pudding

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	10 min	30 min	6	\$1.67	445 kcal

Bobby's Rice Pudding requires about 40 minutes from start to finish. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 558 calories, 13g of protein, and 11g of fat per serving. For \$1.67 per serving, this recipe covers 10% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2/3 cup dried cherries	☐ 6 servings Ground nutmeg, for garnish, optional
☐ 2 tablespoons heavy cream	☐ 1½ cups milk
☐ ½ orange, zested	☐ ½ teaspoon salt
☐ 14 ounce sweetened condensed milk canned	☐ 2 tablespoons vanilla extract
☐ 1½ cups water	☐ 1 cup uncooked long grain white rice

EQUIPMENT Bowl, Double boiler

Method

- 1 Put the rice in the top of a double boiler set over simmering water.
- 2 Add milk, water, salt and rice. Cover and cook until the rice is tender. Stir in the condensed milk, cherries, and heavy cream. Cook over simmering water about 20 minutes or until the pudding thickens slightly, stirring frequently.
- 3 Remove from heat and stir in the vanilla and orange zest. Spoon pudding into individual bowls and sprinkle with nutmeg.

4 Serve warm.

Nutrition per serving

445

KCAL

11 g

PROTEIN

10 g

FAT

75 g

CARBS

Saturated Fat	6.5 g · 41% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	47.2 g · 52% of daily needs
Sodium	310 mg · 13% of daily needs
Cholesterol	35.5 mg · 12% of daily needs
Vitamin C	3.2 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/bobbys-rice-pudding-144358