



Brown Rice Pudding

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



517 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 3 egg yolks
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup short-grain brown rice
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups water

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0.3 cup sugar white

Equipment

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bowl

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whisk

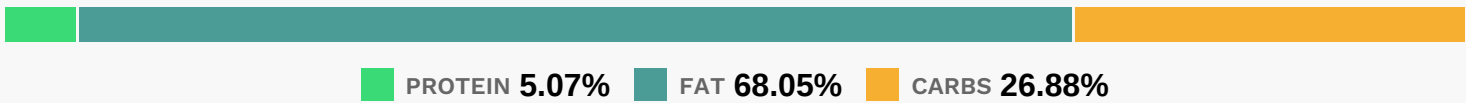
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pot

Directions

- ☐ Bring the heavy cream, water, brown rice, and salt to a boil in a pot; reduce heat to low, cover, and simmer until the liquid is completely absorbed, about 80 minutes. Fold the raisins into the mixture and continue cooking until the raisins plump, about 10 minutes more.
- ☐ Whisk the egg yolks, sugar, and cinnamon together in a bowl; slowly pour into the pot with the rice while stirring. Cook and stir until the mixture thickens, about 6 minutes.
- ☐ Remove from heat and stir in the butter and vanilla extract.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:19.42, Inflammation Score:-7, Nutrition Score:10.922173912111%

Nutrients (% of daily need)

Calories: 517.02kcal (25.85%), Fat: 39.35g (60.54%), Saturated Fat: 23.75g (148.44%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 33.99g (12.36%), Sugar: 15.42g (17.13%), Cholesterol: 254.18mg (84.73%), Sodium: 203.45mg (8.85%), Alcohol: 0.69g (100%), Alcohol %: 0.4% (100%), Protein: 6.6g (13.19%), Manganese: 0.99mg (49.66%), Vitamin A: 1594.85IU (31.9%), Phosphorus: 171.54mg (17.15%), Vitamin B2: 0.26mg (15.02%), Selenium: 10.36µg (14.79%), Vitamin D: 2.16µg (14.38%), Magnesium: 43.88mg (10.97%), Vitamin B6: 0.21mg (10.34%), Vitamin B5: 1.01mg (10.1%), Vitamin B1: 0.15mg (9.69%), Calcium: 90.57mg (9.06%), Vitamin E: 1.26mg (8.38%), Folate: 28.4µg (7.1%), Zinc: 1.05mg (6.99%), Vitamin B12: 0.41µg (6.87%), Vitamin B3: 1.15mg (5.75%), Copper: 0.1mg (5.23%), Iron: 0.94mg (5.22%), Potassium: 171.66mg (4.9%), Fiber: 0.98g (3.93%), Vitamin K: 3.27µg (3.12%)