

DESSERT

Canadian Maple Rice Pudding

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	5 min	40 min	5	\$0.40	253 kcal



Canadian Maple Rice Pudding takes roughly 45 minutes from beginning to end. For 40 cents per serving, you get a dessert that serves 5. One serving contains 253 calories, 5g of protein, and 4g of fat. 1 person were glad they tried this recipe.

Ingredients

- | | |
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| ☐ 1 tablespoon butter | ☐ ½ teaspoon ground cinnamon |
| ☐ 1 pinch ground cloves | ☐ ½ teaspoon ground nutmeg |
| ☐ 1 teaspoon maple flavored extract | ☐ 2 cups 2% milk |
| ☐ ¾ cup uncooked short-grain white rice | ☐ 1½ cups water |
| ☐ ½ cup white sugar | |

EQUIPMENT Bowl, Sauce pan, Casserole dish

Method

- 1 Combine the rice and water in a saucepan over medium heat. Bring to a boil, and let simmer over low heat for 20 minutes, or until all of the water has been absorbed.
- 2 Stir in 1 3/4 cups of the milk, sugar and maple flavoring, bring to a boil, and let simmer over medium heat until thick and creamy, about 15 minutes. Stir in the remaining milk, nutmeg, cinnamon, cloves and butter. Cook stirring over low heat for another 5 minutes.
- 3 Pour into a casserole dish, or serving bowls, and let stand for 5 minutes before serving. This can be served cold also.

Nutrition per serving

253

KCAL

5 g

PROTEIN

4 g

FAT

48 g

CARBS

Saturated Fat	2.7 g · 17% of daily needs
Fibre	1 g · 4% of daily needs
Sugar	24.8 g · 28% of daily needs
Sodium	66.5 mg · 3% of daily needs
Cholesterol	13.6 mg · 5% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/canadian-maple-rice-pudding-141982