



Caramel-Rice Pudding with Marshmallow Topping

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



206 kcal

DESSERT

Ingredients

- 15 caramels kraft
- 3 cups marshmallows jet-puffed miniature
- 5 cups milk
- 1 cup extra rice long-grain white uncooked
- 1 tsp vanilla
- 1.5 cups water

Equipment

sauce pan

broiler

Directions

Bring water and rice to boil in large saucepan; cover. Simmer on low heat 15 min.

Stir in milk; cook; uncovered, 25 min. or until rice is tender, stirring frequently. (Do not overcook.

Mixture should resemble thick cooked oatmeal.)

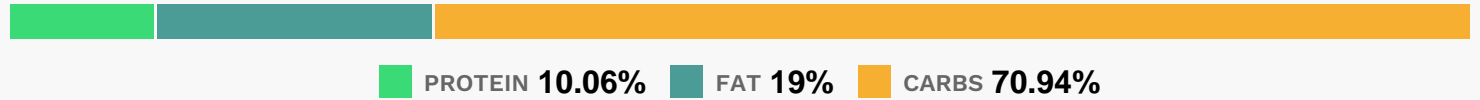
Add caramels; cook 5 min. or until melted, stirring frequently. Stir in vanilla.

Pour into 2-qt. casserole; top with marshmallows.

Heat broiler. Broil pudding, 6 inches from heat, 3 to 5 min. or until marshmallows are lightly browned.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:21.62, Inflammation Score:-2, Nutrition Score:4.9691304238918%

Nutrients (% of daily need)

Calories: 205.78kcal (10.29%), Fat: 4.39g (6.76%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 36.69g (13.34%), Sugar: 20.34g (22.6%), Cholesterol: 13.07mg (4.36%), Sodium: 81.54mg (3.55%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 5.23g (10.47%), Calcium: 147.92mg (14.79%), Phosphorus: 135.68mg (13.57%), Vitamin B2: 0.18mg (10.61%), Vitamin B12: 0.59µg (9.77%), Manganese: 0.17mg (8.75%), Vitamin D: 1.12µg (7.46%), Selenium: 4.7µg (6.71%), Vitamin B5: 0.61mg (6.14%), Potassium: 198.12mg (5.66%), Vitamin B1: 0.08mg (5.38%), Vitamin B6: 0.09mg (4.74%), Magnesium: 18.77mg (4.69%), Zinc: 0.65mg (4.32%), Vitamin A: 169.95IU (3.4%), Copper: 0.05mg (2.71%), Vitamin B3: 0.38mg (1.92%)