



WHATSheATE



Carolina Gold Rice Pudding



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



442 kcal

DESSERT

Ingredients



2 tablespoons butter



4 tablespoons butter



1 tablespoon cornstarch



1 cup stewed fruit



2 teaspoons juice of lemon fresh



1 pinch nutmeg freshly grated



1 cup orange juice



0.5 cup raisins

- ☐ 0.3 teaspoon rum extract
- ☐ 0.5 teaspoon salt
- ☐ 1 cup short-grain rice white recommended Carolina gold rice
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 tablespoons vanilla extract

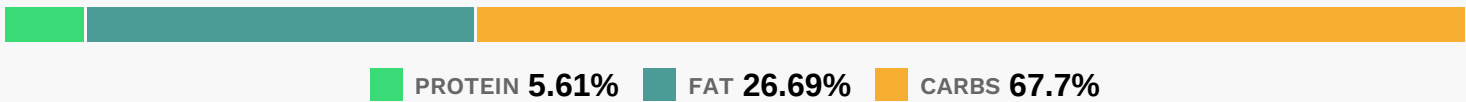
Equipment

- ☐ pot
- ☐ double boiler

Directions

- ☐ Put the rice in the top of a double boiler set over simmering water.
- ☐ Add the salt and 3 cups of boiling water. Cover and cook until the rice is tender, about 30 minutes.
- ☐ Stir in the condensed milk, butter, and raisins. Cook, stirring frequently, over simmering water until the pudding thickens slightly, about 20 minutes.
- ☐ Remove the pot from the heat and stir in the vanilla and nutmeg. Spoon the pudding into individual custard cups and refrigerate until ready to serve. Invert puddings onto chilled plates and serve with fruit sauce.
- ☐ Combine the orange juice, sugar, and cornstarch in the top of a double boiler. Cook the mixture over simmering water until it thickens.
- ☐ Remove the pot from the heat and stir in the lemon juice, butter, and rum extract.
- ☐ Serve warm over rice pudding garnished with stewed fruit, if desired

Nutrition Facts



Properties

Glycemic Index:61.74, Glycemic Load:46.33, Inflammation Score:-6, Nutrition Score:9.6243477567382%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 441.59kcal (22.08%), Fat: 13.19g (20.3%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 75.28g (25.09%), Net Carbohydrates: 73.39g (26.69%), Sugar: 45.78g (50.87%), Cholesterol: 39.44mg (13.15%), Sodium: 280.91mg (12.21%), Alcohol: 0.84g (100%), Alcohol %: 0.62% (100%), Protein: 6.24g (12.47%), Vitamin C: 18.42mg (22.33%), Folate: 74.03µg (18.51%), Phosphorus: 168.05mg (16.81%), Selenium: 11.41µg (16.31%), Manganese: 0.31mg (15.48%), Vitamin B2: 0.26mg (15.28%), Vitamin B1: 0.23mg (15.27%), Calcium: 152.4mg (15.24%), Vitamin A: 546.53IU (10.93%), Potassium: 374.35mg (10.7%), Iron: 1.56mg (8.68%), Vitamin B5: 0.78mg (7.83%), Fiber: 1.89g (7.56%), Vitamin B3: 1.49mg (7.46%), Magnesium: 27.1mg (6.77%), Copper: 0.13mg (6.39%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.1mg (5.2%), Vitamin B12: 0.24µg (3.94%), Vitamin K: 2.43µg (2.31%), Vitamin E: 0.34mg (2.25%)