

Christmas Rice Pudding

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- 1 stick cinnamon (2-inch)
- 8 servings cinnamon sugar (preferably turbinado)
- 2 tablespoons cup heavy whipping cream
- 0.8 teaspoon salt
- 1.5 cups short grain rice white
- 2 tablespoons sugar
- 1.5 cups water
- 1 qt milk whole

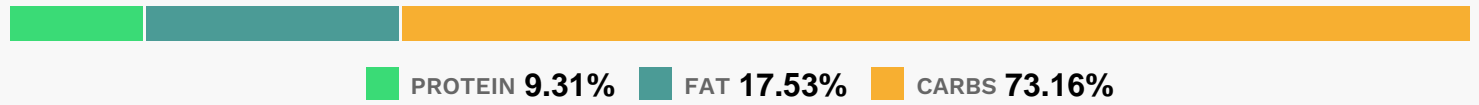
Equipment

pot

Directions

- Bring rice, water, cinnamon stick, and salt to a simmer in a 4- to 5-quart heavy pot, then reduce heat to low and gently simmer, covered, until water is absorbed, 8 to 10 minutes.
- Add 2 cups milk with sugar and cream and simmer, uncovered, stirring occasionally, until rice has absorbed most of milk but is still creamy, about 10 minutes.
- Add 1 cup milk and simmer, stirring occasionally, 10 minutes. Stir in remaining cup milk and simmer, stirring constantly, until rice is tender, 10 to 15 minutes.
- Remove from heat and cover, then let stand 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.15, Glycemic Load:36.05, Inflammation Score:-5, Nutrition Score:8.9386956920118%

Nutrients (% of daily need)

Calories: 276.81kcal (13.84%), Fat: 5.39g (8.29%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 49.32g (17.94%), Sugar: 20.78g (23.09%), Cholesterol: 18.43mg (6.14%), Sodium: 266.76mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Manganese: 0.47mg (23.56%), Folate: 86.8µg (21.7%), Vitamin B1: 0.28mg (18.6%), Phosphorus: 157.56mg (15.76%), Calcium: 155.1mg (15.51%), Selenium: 8.13µg (11.61%), Vitamin B2: 0.19mg (11.25%), Vitamin B12: 0.64µg (10.75%), Vitamin B5: 0.94mg (9.35%), Iron: 1.64mg (9.09%), Vitamin D: 1.36µg (9.07%), Vitamin B3: 1.67mg (8.37%), Vitamin B6: 0.14mg (6.91%), Zinc: 0.92mg (6.14%), Potassium: 211.73mg (6.05%), Magnesium: 23.79mg (5.95%), Fiber: 1.28g (5.13%), Vitamin A: 248.05IU (4.96%), Copper: 0.09mg (4.51%)