



Coconut-Raisin Rice Pudding

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.8 cup coconut flakes flaked
- 2.5 cups rice cooked
- 3 eggs
- 0.8 teaspoon nutmeg
- 3 cups milk
- 0.8 cup raisins
- 0.5 teaspoon salt

- 1 cup sugar
- 2 teaspoons vanilla extract

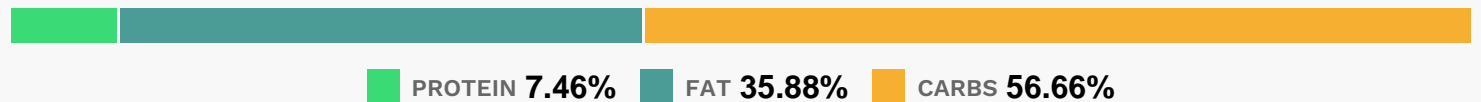
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- Place butter in 13-in. x 9-in. baking dish; set aside. In a large bowl, combine the eggs, milk, sugar, vanilla, nutmeg and salt. Stir in the rice and raisins.
- Transfer to prepared baking dish. bake, uncovered, at 325° for 30 minutes; sprinkle with coconut.
- Bake 10–15 minutes longer or until a thermometer reads 160°.
- Serve warm. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:49.49, Glycemic Load:39.79, Inflammation Score:-3, Nutrition Score:8.5947826038236%

Nutrients (% of daily need)

Calories: 386.49kcal (19.32%), Fat: 15.75g (24.24%), Saturated Fat: 10.54g (65.84%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 53.52g (19.46%), Sugar: 30.21g (33.56%), Cholesterol: 87.61mg (29.2%), Sodium: 256.77mg (11.16%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 7.37g (14.74%), Manganese: 0.51mg (25.27%), Selenium: 12.29µg (17.55%), Phosphorus: 175.09mg (17.51%), Vitamin B2: 0.25mg (14.65%), Calcium: 135.1mg (13.51%), Vitamin B12: 0.65µg (10.88%), Fiber: 2.46g (9.84%), Potassium: 337.09mg (9.63%), Vitamin B6: 0.18mg (9%), Vitamin D: 1.34µg (8.91%), Vitamin B5: 0.86mg (8.65%), Vitamin A: 414.79IU (8.3%), Copper: 0.16mg (7.79%), Magnesium: 30.74mg (7.69%), Zinc: 1.03mg (6.86%), Vitamin B1: 0.09mg (5.92%), Iron: 1.03mg (5.7%), Vitamin E: 0.44mg (2.92%), Folate: 10.72µg (2.68%), Vitamin B3: 0.52mg (2.58%), Vitamin C: 0.86mg (1.04%)