



WHATSheATE



Cook the Book: Miss Ina's Down-Home Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



630 kcal

DESSERT

Ingredients

- ☐ 0.5 cup evaporated milk
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 2 cups rice
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

☐ 3 cups water

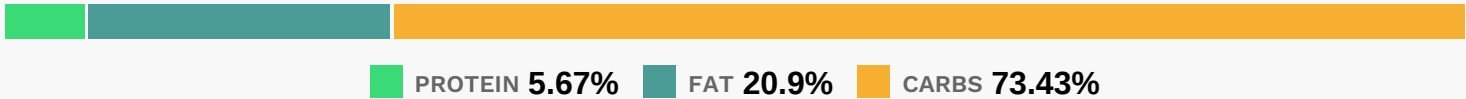
Equipment

- ☐ oven
- ☐ baking pan
- ☐ rice cooker

Directions

- ☐ Combine all the ingredients in the rice cooker. The cooker will turn off when done.
- ☐ Heat the oven to 350°F.
- ☐ Pour the cooked rice into a greased baking dish; cook in the oven for 30 or 40 minutes.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:70.75, Inflammation Score:-3, Nutrition Score:9.3452174559883%

Nutrients (% of daily need)

Calories: 630.33kcal (31.52%), Fat: 14.56g (22.41%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 115.13g (38.38%), Net Carbohydrates: 113.61g (41.31%), Sugar: 40.92g (45.46%), Cholesterol: 39.24mg (13.08%), Sodium: 48.98mg (2.13%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 8.89g (17.79%), Manganese: 1.11mg (55.36%), Selenium: 15.08µg (21.54%), Phosphorus: 174.59mg (17.46%), Copper: 0.25mg (12.34%), Calcium: 122.75mg (12.28%), Vitamin B5: 1.16mg (11.56%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.3mg (8.67%), Vitamin A: 426.88IU (8.54%), Vitamin B6: 0.17mg (8.47%), Magnesium: 33.62mg (8.4%), Vitamin B3: 1.56mg (7.81%), Fiber: 1.52g (6.08%), Potassium: 210.44mg (6.01%), Vitamin B1: 0.08mg (5.42%), Iron: 0.87mg (4.84%), Vitamin E: 0.49mg (3.26%), Folate: 10.56µg (2.64%), Vitamin D: 0.24µg (1.61%), Vitamin K: 1.42µg (1.35%), Vitamin B12: 0.07µg (1.24%)