



Creamiest Rice Pudding



Vegetarian



Gluten Free

READY IN



480 min.

SERVINGS



15

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 3 eggs lightly beaten
- ☐ 15 servings ground cinnamon to taste
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup rice long-grain white uncooked
- ☐ 1 cup sugar white

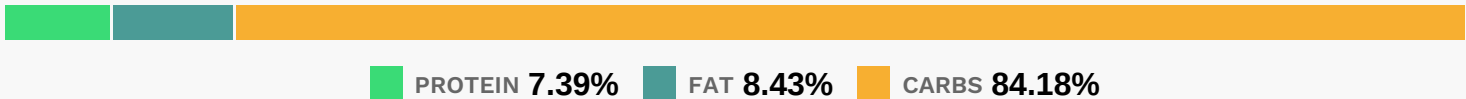
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ In a large saucepan over medium-low heat, combine 1/2 gallon milk, sugar and rice. Simmer, covered, 1 hour, stirring frequently.
- ☐ Remove pan from heat and let rest 10 minutes.
- ☐ In a small bowl, combine eggs, 1/4 cup milk, salt and vanilla. Stir into rice mixture and return pot to low heat, stirring constantly, for 2 minutes.
- ☐ Pour into a 9x13 inch dish and cover with plastic wrap, folding back the corners to allow the steam to escape.
- ☐ When pudding has cooled to room temperature, remove plastic wrap and sprinkle surface of pudding with cinnamon. Cover tightly (with fresh wrap) and refrigerate 8 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:15.34, Inflammation Score:-1, Nutrition Score:3.0465216986511%

Nutrients (% of daily need)

Calories: 117.85kcal (5.89%), Fat: 1.12g (1.72%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 23.85g (8.67%), Sugar: 13.66g (15.18%), Cholesterol: 33.22mg (11.07%), Sodium: 53.8mg (2.34%), Alcohol: 0.18g (100%), Alcohol %: 0.56% (100%), Protein: 2.2g (4.4%), Manganese: 0.49mg (24.4%), Selenium: 4.78µg (6.83%), Fiber: 1.22g (4.89%), Phosphorus: 37.03mg (3.7%), Calcium: 33.64mg (3.36%), Vitamin B2: 0.06mg (3.28%), Vitamin B5: 0.28mg (2.82%), Iron: 0.43mg (2.37%), Copper: 0.04mg (2.08%), Vitamin B6: 0.04mg (2.05%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.22µg (1.47%), Magnesium: 5.89mg (1.47%), Folate: 5.24µg (1.31%), Potassium: 42.11mg (1.2%), Vitamin A: 60.01IU (1.2%), Vitamin B3: 0.24mg (1.19%), Vitamin E: 0.15mg (1.03%)