



Easy Rice Pudding

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



72 kcal

Ingredients

- 1 eggs
- 0.3 tsp ground cinnamon
- 0.1 tsp ground nutmeg
- 1 cup rice white instant uncooked
- 4 cups milk
- 0.3 cup raisins
- 1 pkg jell-o vanilla flavor cook & serve pudding (4-serving size)

Equipment

- bowl

sauce pan

whisk

Directions

Beat egg with wire whisk in large saucepan. Gradually add milk, beating until well blended.

Add dry pudding mix; stir 2 minutes or until well blended. Stir in rice and raisins.

Bring to full rolling boil on medium heat, stirring constantly.

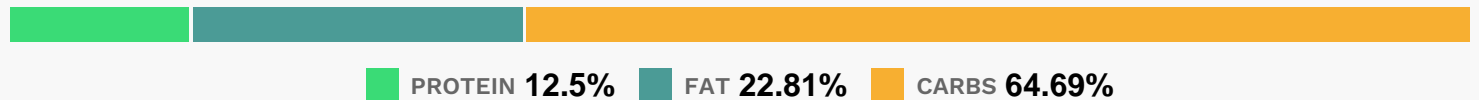
Remove from heat. Cool 5 minutes, stirring occasionally.

Pour evenly into 10 dessert dishes or 1-1/2-quart serving bowl.

Sprinkle evenly with cinnamon and nutmeg.

Serve warm. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.59, Glycemic Load:1.63, Inflammation Score:-1, Nutrition Score:2.6195652092928%

Nutrients (% of daily need)

Calories: 72.48kcal (3.62%), Fat: 1.85g (2.84%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.52g (4.19%), Sugar: 6.17g (6.86%), Cholesterol: 14.04mg (4.68%), Sodium: 53.09mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Calcium: 63.3mg (6.33%), Phosphorus: 60.22mg (6.02%), Vitamin B2: 0.08mg (4.86%), Vitamin B12: 0.28µg (4.72%), Vitamin B1: 0.07mg (4.67%), Selenium: 3.26µg (4.65%), Vitamin D: 0.58µg (3.87%), Folate: 12.93µg (3.23%), Manganese: 0.06mg (2.81%), Potassium: 93.5mg (2.67%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.04mg (2.11%), Iron: 0.36mg (2.02%), Zinc: 0.3mg (1.97%), Vitamin B3: 0.38mg (1.87%), Magnesium: 7.31mg (1.83%), Vitamin A: 91.05IU (1.82%), Fiber: 0.25g (1.02%)