



English Rice Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



254 kcal

DESSERT

Ingredients

- ☐ 3 cups rice long grain cooked
- ☐ 4 eggs lightly beaten
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons butter
- ☐ 2 cups milk hot
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream hot

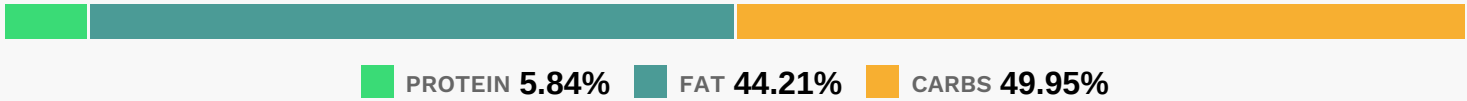
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 8 ingredients until thoroughly blended.
- ☐ Pour into a greased 13- x 9-inch baking dish; dot with butter, and sprinkle evenly with nutmeg.
- ☐ Place dish in a large baking pan; add hot water to a depth of 1 inch.
- ☐ Bake at 350 for 1 hour or until lightly browned and set. Cool slightly, and cut into squares.
- ☐ Serve with Lemon Sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:23.49, Inflammation Score:-3, Nutrition Score:4.2734782307044%

Nutrients (% of daily need)

Calories: 254.37kcal (12.72%), Fat: 12.78g (19.66%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.82g (11.57%), Sugar: 18.79g (20.88%), Cholesterol: 69.51mg (23.17%), Sodium: 81mg (3.52%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Protein: 3.8g (7.6%), Vitamin A: 541.12IU (10.82%), Selenium: 6.43µg (9.19%), Vitamin B2: 0.15mg (9.05%), Phosphorus: 79.88mg (7.99%), Manganese: 0.15mg (7.6%), Calcium: 61.89mg (6.19%), Vitamin D: 0.92µg (6.11%), Vitamin B12: 0.28µg (4.62%), Potassium: 156.38mg (4.47%), Vitamin B5: 0.43mg (4.26%), Vitamin B6: 0.08mg (4.11%), Magnesium: 11.98mg (2.99%), Zinc: 0.45mg (2.98%), Vitamin E: 0.42mg (2.79%), Copper: 0.05mg (2.72%), Fiber: 0.66g (2.64%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.6%), Folate: 6.72µg (1.68%), Vitamin B3: 0.25mg (1.25%)