



Mama Callie's Rice Pudding



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



617 kcal

DESSERT

Ingredients

- ☐ 1 cup arborio rice
- ☐ 2 medium but bananas firm ripe sliced
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod

☐ 5 cups milk whole

Equipment

☐ bowl

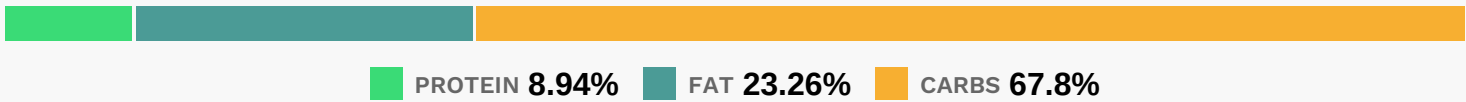
☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Into a large saucepan, mix together milk, rice, sugar, vanilla bean and seeds, allspice and salt over medium-high heat.
- ☐ Let simmer for 45 minutes, stirring frequently and being careful not to scorch the milk. Once rice is tender and pudding has thickened turn off heat and remove the vanilla bean.
- ☐ In a heavy skillet, melt butter and add brown sugar over low heat. Stir to melt the sugar.
- ☐ Add sliced bananas and continue to saute until they are soft and covered with the sugar and butter mixture.
- ☐ Spoon pudding to serving bowls and top with the warm banana topping.

Nutrition Facts



Properties

Glycemic Index:77.47, Glycemic Load:60.72, Inflammation Score:-7, Nutrition Score:19.207826090896%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 616.79kcal (30.84%), Fat: 16.18g (24.89%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 106.16g (35.39%), Net Carbohydrates: 103.17g (37.52%), Sugar: 60.16g (66.84%), Cholesterol: 51.65mg (17.22%), Sodium:

311.64mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Calcium: 394.68mg (39.47%), Phosphorus: 371.04mg (37.1%), Manganese: 0.71mg (35.38%), Folate: 127.74µg (31.93%), Vitamin B1: 0.47mg (31.48%), Vitamin B2: 0.5mg (29.13%), Vitamin B12: 1.66µg (27.65%), Vitamin B6: 0.49mg (24.72%), Vitamin D: 3.36µg (22.37%), Potassium: 729.83mg (20.85%), Selenium: 14.33µg (20.47%), Vitamin B5: 2mg (20.04%), Magnesium: 65.75mg (16.44%), Vitamin A: 708.14IU (14.16%), Vitamin B3: 2.79mg (13.97%), Iron: 2.4mg (13.33%), Zinc: 1.9mg (12.7%), Fiber: 2.99g (11.95%), Copper: 0.16mg (8.19%), Vitamin C: 5.23mg (6.34%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.7µg (1.62%)