



Old Fashioned Creamy Rice Pudding

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups rice cooked
- ☐ 1 eggs beaten
- ☐ 2 cups milk divided
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

Equipment

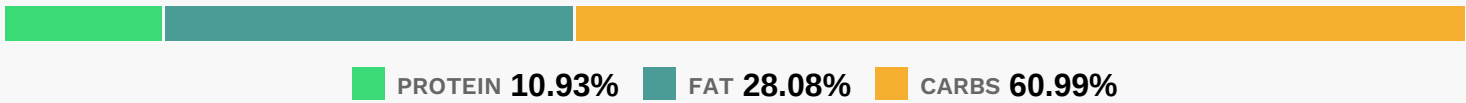
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sauce pan

Directions

- ☐ Combine cooked rice, 1 1/2 cups milk, and salt in a saucepan over medium heat; cook and stir until thick and creamy, 15 to 20 minutes. Stir remaining 1/2 cup milk, golden raisins, beaten egg, and white sugar into the rice mixture; stirring continually. Continue cooking until egg is set, 2 to 3 minutes.
- ☐ Remove saucepan from heat; stir butter and vanilla extract into the pudding.

Nutrition Facts



Properties

Glycemic Index:66.77, Glycemic Load:31.74, Inflammation Score:-3, Nutrition Score:6.8569565052572%

Nutrients (% of daily need)

Calories: 256.66kcal (12.83%), Fat: 8.01g (12.32%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 38.9g (14.14%), Sugar: 22.64g (25.15%), Cholesterol: 63.08mg (21.03%), Sodium: 230.63mg (10.03%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 7.01g (14.02%), Phosphorus: 171.35mg (17.13%), Calcium: 163.3mg (16.33%), Selenium: 10.27µg (14.68%), Manganese: 0.29mg (14.49%), Vitamin B2: 0.23mg (13.6%), Vitamin B12: 0.76µg (12.71%), Vitamin D: 1.56µg (10.41%), Vitamin B5: 0.86mg (8.59%), Vitamin B6: 0.15mg (7.42%), Vitamin A: 344.51IU (6.89%), Potassium: 220.86mg (6.31%), Zinc: 0.94mg (6.25%), Magnesium: 23.2mg (5.8%), Vitamin B1: 0.08mg (5.65%), Copper: 0.05mg (2.58%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.28mg (1.88%), Iron: 0.32mg (1.79%), Folate: 7.05µg (1.76%)