



Old-Fashioned Rice Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 3.5 ounce brown rice white
- ☐ 3 tablespoons butter
- ☐ 0.5 cup cherries dried
- ☐ 1 large eggs
- ☐ 14.5 ounce evaporated milk 2% low-fat divided canned
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1.5 teaspoons vanilla extract
- ☐ 6 servings water boiling

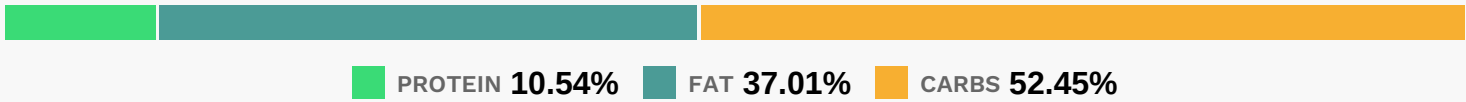
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ Stir together rice, butter, 1 cup evaporated milk, sugar, and salt in a medium saucepan, and cook, stirring often, over medium heat 20 minutes or until rice mixture is thick and creamy.
- ☐ Place cherries in a small bowl; add boiling water to cover, and let stand 15 minutes.
- ☐ Drain.
- ☐ Stir together egg and remaining evaporated milk until blended; gradually pour into hot rice mixture in pan, stirring constantly. Cook, stirring often, 5 minutes.
- ☐ Remove from heat; stir in vanilla and cherries.
- ☐ Sprinkle evenly with cinnamon.
- ☐ Serve warm, or cover and chill at least 2 hours.
- ☐ *1/2 cup raisins may be substituted.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:8.5473913446717%

Nutrients (% of daily need)

Calories: 293.62kcal (14.68%), Fat: 12.09g (18.6%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 36.78g (13.38%), Sugar: 23.36g (25.96%), Cholesterol: 50.87mg (16.96%), Sodium: 261.72mg (11.38%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 7.75g (15.51%), Manganese: 0.72mg (35.79%),

Calcium: 212.52mg (21.25%), Phosphorus: 201.23mg (20.12%), Vitamin A: 819.19IU (16.38%), Vitamin B2: 0.27mg (15.74%), Magnesium: 44.09mg (11.02%), Vitamin B5: 0.82mg (8.2%), Potassium: 270.23mg (7.72%), Fiber: 1.78g (7.11%), Vitamin B1: 0.1mg (6.98%), Vitamin B6: 0.13mg (6.71%), Zinc: 1mg (6.7%), Selenium: 4.22µg (6.02%), Copper: 0.1mg (5.19%), Iron: 0.79mg (4.37%), Vitamin B3: 0.86mg (4.32%), Folate: 12.81µg (3.2%), Vitamin B12: 0.19µg (3.18%), Vitamin E: 0.43mg (2.84%), Vitamin C: 1.33mg (1.62%), Vitamin D: 0.24µg (1.57%)