



# Old-Fashioned Rice Pudding

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



211 kcal

DESSERT

## Ingredients

- 6 servings ground cinnamon
- 0.5 cup rice long grain uncooked
- 3.5 cups milk 2%
- 0.5 cup raisins
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

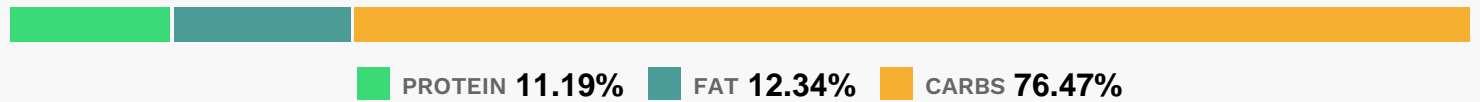
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- In a large saucepan, combine the milk, rice, sugar and salt if desired. Bring to a boil over medium heat, stirring constantly.
- Pour into a greased 1-1/2-qt. baking dish.
- Cover and bake at 325° for 45 minutes, stirring every 15 minutes.
- Add raisins and vanilla; cover and bake for 15 minutes longer or until rice is tender.
- Sprinkle with cinnamon if desired.
- Serve warm or chilled. Store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:32.51, Glycemic Load:20.3, Inflammation Score:-2, Nutrition Score:7.2095651652502%

## Nutrients (% of daily need)

Calories: 210.51kcal (10.53%), Fat: 2.95g (4.54%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 39.09g (14.22%), Sugar: 18.2g (20.22%), Cholesterol: 11.01mg (3.67%), Sodium: 263.02mg (11.44%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 6.03g (12.05%), Manganese: 0.57mg (28.55%), Calcium: 193.24mg (19.32%), Vitamin B2: 0.29mg (16.93%), Phosphorus: 154.76mg (15.48%), Vitamin B12: 0.73µg (12.16%), Potassium: 320.02mg (9.14%), Selenium: 5.97µg (8.53%), Fiber: 2.08g (8.34%), Vitamin B5: 0.66mg (6.59%), Magnesium: 23.91mg (5.98%), Zinc: 0.89mg (5.93%), Vitamin B1: 0.08mg (5.24%), Vitamin B6: 0.1mg (5.18%), Copper: 0.09mg (4.34%), Iron: 0.64mg (3.55%), Vitamin A: 146.32IU (2.93%), Vitamin B3: 0.54mg (2.69%), Folate: 8.6µg (2.15%), Vitamin C: 1mg (1.22%)