



Old-Fashioned Rice Pudding I



Vegetarian



Gluten Free



Popular

READY IN



165 min.

SERVINGS



6

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 eggs beaten
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 4 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup rice white uncooked
- ☐ 0.5 cup sugar white

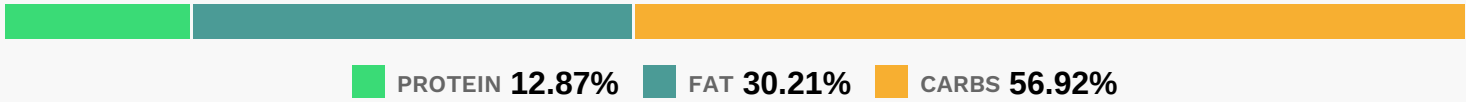
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease a 2 quart baking dish.
- ☐ Beat together the eggs and milk. Stir in white sugar, uncooked rice, butter, vanilla extract, raisins, and nutmeg.
- ☐ Pour into prepared pan.
- ☐ Bake for 2 to 2 1/2 hours in the preheated oven. Stir frequently during the first hour.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:21.95, Inflammation Score:-3, Nutrition Score:7.8643478725267%

Nutrients (% of daily need)

Calories: 257.88kcal (12.89%), Fat: 8.66g (13.33%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 36.52g (13.28%), Sugar: 24.63g (27.36%), Cholesterol: 79.1mg (26.37%), Sodium: 98.65mg (4.29%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 8.31g (16.61%), Calcium: 213.49mg (21.35%), Phosphorus: 211.75mg (21.18%), Vitamin B2: 0.3mg (17.86%), Vitamin B12: 1.01µg (16.88%), Selenium: 10.05µg (14.35%), Vitamin D: 2.08µg (13.88%), Vitamin B5: 0.99mg (9.91%), Manganese: 0.18mg (9.09%), Potassium: 283.99mg (8.11%), Vitamin A: 401.07IU (8.02%), Vitamin B6: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.21%), Zinc: 1.03mg (6.86%), Magnesium: 25.34mg (6.33%), Copper: 0.05mg (2.41%), Iron: 0.39mg (2.17%), Vitamin B3: 0.43mg (2.16%), Folate: 8.23µg (2.06%), Vitamin E: 0.31mg (2.04%)