



Reese's Rice Pudding



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 1 eggs beaten
- ☐ 1 Tablespoon non-hydrogenated spread
- ☐ 0.8 cup rice
- ☐ 0.5 cup rice milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

☐ 1.5 cup water

Equipment

☐ bowl

☐ plastic wrap

Directions

☐ Bring water to boil and add rice. Just before all the water is absorbed, add 1 cup rice milk, sugar, salt and cinnamon. Continue to boil on low until thick and creamy.

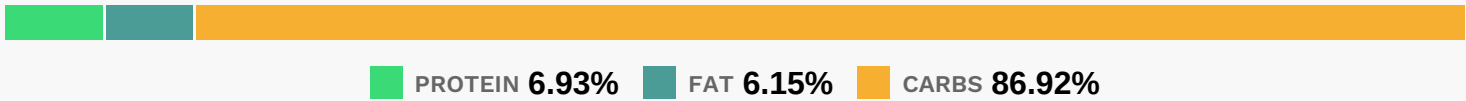
☐ Combine beaten egg and 1/2 cup rice milk.

☐ Add to rice mixture and stir continually until the pudding is very thick.

☐ Remove from heat and add margarine and vanilla. Dish into serving bowls and serve warm, or cover with plastic wrap and chill in the fridge.

☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:67.57, Glycemic Load:32.11, Inflammation Score:-1, Nutrition Score:3.9591304057318%

Nutrients (% of daily need)

Calories: 233.91kcal (11.7%), Fat: 1.59g (2.44%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 50.42g (16.81%), Net Carbohydrates: 49.66g (18.06%), Sugar: 19.86g (22.07%), Cholesterol: 40.92mg (13.64%), Sodium: 179.91mg (7.82%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.02g (8.04%), Manganese: 0.47mg (23.57%), Selenium: 8.8µg (12.57%), Phosphorus: 62.69mg (6.27%), Copper: 0.11mg (5.26%), Vitamin B5: 0.52mg (5.23%), Vitamin B2: 0.07mg (4.34%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.54mg (3.62%), Fiber: 0.75g (3.02%), Iron: 0.54mg (2.99%), Vitamin B3: 0.57mg (2.87%), Magnesium: 11.38mg (2.85%), Calcium: 27.56mg (2.76%), Folate: 8.36µg (2.09%), Vitamin B1: 0.03mg (1.96%), Potassium: 61.02mg (1.74%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.88IU (1.22%), Vitamin E: 0.17mg (1.13%)