

# Rice Pudding

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

## Ingredients

- 2 tablespoons butter
- 2 egg yolks
- 0.8 cup golden raisins pre-soaked in warm water seedless
- 0.3 cup granulated sugar white
- 8 servings ground cinnamon
- 1 cup heavy cream
- 0.1 teaspoon salt
- 0.8 cup short-grain rice medium-grain white spanish (if unable to locate, try rice in the foods section of store)

- 0.3 cup vanilla extract
- 5 cups milk whole

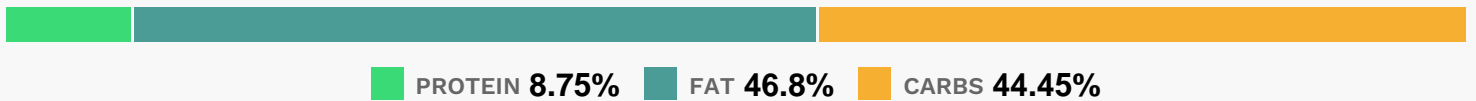
## Equipment

- bowl
- sauce pan
- ramekin

## Directions

- In a medium, heavy-bottomed saucepan, add milk, rice and salt. Cook the rice at a low simmer until the rice is tender, do not boil. Once you achieve "simmer," the rice should take around 20 to 30 minutes to be ready, depending on your cooker. Taste the rice to make sure it is tender. Remember to keep stirring so the rice doesn't stick to the bottom. Once the mixture has cooked, remove from heat and add sugar, vanilla, raisins and egg yolks. Keep stirring to incorporate all of the flavors, then let it sit for about 10 minutes. The sugar and vanilla will infuse very quickly, giving a flowery aroma.
- Add the heavy cream and butter, mixing them well together in the saucepan. Spoon into ramekins or individual serving bowls. Rice pudding can be served warm, room temperature or chilled. This particular recipe benefits from setting overnight in the refrigerator.
- Sprinkle with cinnamon, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.72, Glycemic Load:24.65, Inflammation Score:-6, Nutrition Score:11.653913075509%

## Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 388.14kcal (19.41%), Fat: 19.86g (30.55%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 40.31g (14.66%), Sugar: 23.38g (25.98%), Cholesterol: 108.04mg (36.01%), Sodium: 129.65mg

(5.64%), Alcohol: 2.24g (100%), Alcohol %: 1.19% (100%), Protein: 8.36g (16.71%), Manganese: 0.61mg (30.49%), Calcium: 242.46mg (24.25%), Phosphorus: 224.79mg (22.48%), Vitamin B2: 0.33mg (19.68%), Vitamin A: 842.63IU (16.85%), Vitamin B12: 0.96µg (16.08%), Vitamin D: 2.4µg (15.98%), Vitamin B1: 0.21mg (13.84%), Selenium: 9.37µg (13.39%), Folate: 51.71µg (12.93%), Potassium: 396.79mg (11.34%), Vitamin B5: 1.05mg (10.53%), Vitamin B6: 0.2mg (10.01%), Fiber: 2.13g (8.52%), Magnesium: 31.73mg (7.93%), Iron: 1.37mg (7.6%), Zinc: 1.1mg (7.32%), Vitamin B3: 1.16mg (5.81%), Copper: 0.11mg (5.45%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.79µg (2.65%)