



Rice Pudding



Vegetarian



Gluten Free

READY IN

ready

220 min.

SERVINGS

servings

1

CALORIES

calories

1580 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.8 cup raisins
- ☐ 0.8 cup rice long-grain
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 1 cup milk whole

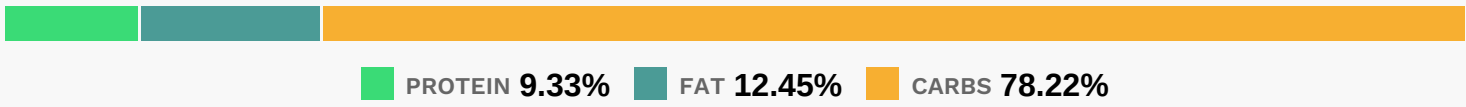
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Pour 2 quarts milk into a large saucepan and bring to a boil over medium heat. Reduce heat to low, then mix in rice and simmer uncovered for 20 minutes, stirring frequently and skimming surface of milk as needed.
- ☐ In a medium bowl, whisk together eggs, sugar, milk, and vanilla extract. Slowly pour into rice mixture while stirring vigorously. Allow mixture to boil and thicken, approximately 10 minutes, while stirring constantly.
- ☐ Remove from heat and stir in raisins.
- ☐ Pour mixture into a 9x13 pan and sprinkle cinnamon over top. Allow to cool uncovered in refrigerator for a few hours, until pudding is chilled and firm. Cover with plastic wrap when cool.

Nutrition Facts



Properties

Glycemic Index:233.08, Glycemic Load:186.85, Inflammation Score:-6, Nutrition Score:39.52782626774%

Nutrients (% of daily need)

Calories: 1579.78kcal (78.99%), Fat: 22.29g (34.29%), Saturated Fat: 9.14g (57.13%), Carbohydrates: 315.17g (105.06%), Net Carbohydrates: 301.72g (109.72%), Sugar: 112.87g (125.41%), Cholesterol: 520.32mg (173.44%), Sodium: 319.71mg (13.9%), Alcohol: 1.38g (100%), Alcohol %: 0.24% (100%), Protein: 37.59g (75.18%), Manganese: 3.26mg (162.86%), Selenium: 67.61µg (96.59%), Phosphorus: 754.28mg (75.43%), Vitamin B2: 1.23mg (72.47%), Fiber: 13.45g (53.79%), Calcium: 524.94mg (52.49%), Potassium: 1647.31mg (47.07%), Vitamin B5: 4.42mg (44.2%), Vitamin B12: 2.49µg (41.54%), Vitamin B6: 0.82mg (40.95%), Iron: 6.96mg (38.65%), Copper: 0.77mg (38.41%), Vitamin D: 5.32µg (35.49%), Zinc: 4.57mg (30.48%), Magnesium: 117.71mg (29.43%), Vitamin B1: 0.41mg (27.37%), Vitamin A: 1131.68IU (22.63%), Vitamin B3: 3.91mg (19.55%), Folate: 76.88µg (19.22%), Vitamin E: 1.85mg (12.31%), Vitamin C: 6.18mg (7.49%), Vitamin K: 3.76µg (3.58%)