



Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

DESSERT

Ingredients

- 0.8 cup short grain rice medium grain
- 1.5 cups water
- 0.3 teaspoon salt ()
- 4 cups milk whole (I use 2%%)
- 0.5 cup sugar
- 0.5 teaspoon vanilla
- 1 eggs beaten
- 1 teaspoon butter

- 1 pinch cinnamon
- 1 pinch nutmeg

Equipment

- sauce pan

Directions

- In a medium saucepan, bring 1 1/2 cups water to a boil.
- Add rice, salt and stir.
- Simmer covered until water has been absorbed (approximately 15 minutes).
- In another sauce pan, stir in 1 1/2 milk, sugar, and 1 1/2 cups cooked rice, cook over medium heat
- Stir constantly until thick and creamy, for 15 to 20 minutes.
- Combine 1/2 cup milk, and beaten egg, then add to saucepan. Cook 2 minutes more, stirring constantly
- Remove from heat,
- Add in butter, and vanilla.
- Season with a pinch of nutmeg or cinnamon.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:78.77, Glycemic Load:45.31, Inflammation Score:-6, Nutrition Score:13.79347826087%

Nutrients (% of daily need)

Calories: 404.47kcal (20.22%), Fat: 10.23g (15.75%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 65.15g (23.69%), Sugar: 36.86g (40.96%), Cholesterol: 72.89mg (24.3%), Sodium: 266.87mg (11.6%), Protein: 11.85g (23.71%), Calcium: 311.72mg (31.17%), Phosphorus: 304.74mg (30.47%), Vitamin B2: 0.41mg (24.16%), Vitamin B12: 1.42µg (23.63%), Vitamin B1: 0.35mg (23.59%), Folate: 92.03µg (23.01%), Manganese: 0.42mg (21.01%), Selenium: 13.84µg (19.78%), Vitamin D: 2.9µg (19.36%), Vitamin B5: 1.56mg (15.63%), Potassium:

412.34mg (11.78%), Vitamin B6: 0.23mg (11.62%), Zinc: 1.57mg (10.5%), Magnesium: 40.69mg (10.17%), Iron: 1.81mg (10.03%), Vitamin A: 486.32IU (9.73%), Vitamin B3: 1.81mg (9.07%), Copper: 0.11mg (5.41%), Fiber: 1.13g (4.51%), Vitamin E: 0.27mg (1.78%)