



Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 2 cups arborio rice cooked
- ☐ 2 large eggs beaten
- ☐ 3.5 cups skim milk fat-free
- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup skim milk powder dry
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

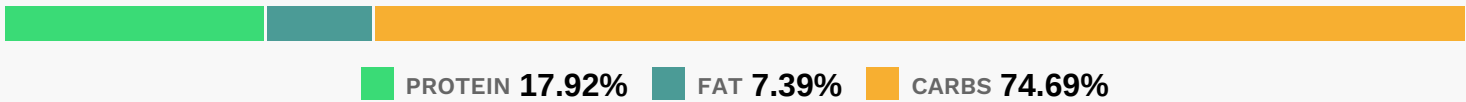
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine rice, fat-free milk, sugar, nonfat dry milk, and salt in a large saucepan over medium heat; bring to a simmer. Simmer 30 minutes, stirring occasionally.
- ☐ Place eggs in a medium bowl. Gradually add half of rice mixture to eggs, stirring constantly with a whisk. Return egg mixture to pan over medium-low heat; cook 2 minutes, stirring constantly.
- ☐ Remove from heat; stir in raisins and vanilla. Spoon 1/2 cup pudding into each of 8 bowls.
- ☐ Sprinkle 1/8 teaspoon cinnamon over each serving.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:9.5, Inflammation Score:-4, Nutrition Score:8.29999999600908%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 176.17kcal (8.81%), Fat: 1.44g (2.22%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 32.49g (11.82%), Sugar: 18.48g (20.53%), Cholesterol: 50.47mg (16.82%), Sodium: 155.13mg (6.74%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.87g (15.74%), Calcium: 201.29mg (20.13%), Phosphorus: 196.49mg (19.65%), Vitamin B2: 0.27mg (16.11%), Selenium: 10.58µg (15.12%), Vitamin B12: 0.88µg (14.73%), Vitamin D: 1.84µg (12.28%), Manganese: 0.23mg (11.64%), Vitamin B1: 0.16mg (10.49%), Folate: 37.48µg (9.37%), Vitamin B5: 0.9mg (9%), Potassium: 311.27mg (8.89%), Vitamin A: 368.61IU (7.37%), Vitamin B6: 0.14mg (6.98%), Zinc: 1mg

(6.69%), Magnesium: 24.01mg (6%), Iron: 1.02mg (5.65%), Vitamin B3: 0.92mg (4.61%), Copper: 0.06mg (3.22%),
Fiber: 0.31g (1.26%)