



Rice Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond extract (almond-flavored liqueur)
- ☐ 8 ounce cream sour low-fat
- ☐ 1 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 8 cups milk 2% reduced-fat
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons stick margarine

- ☐ 1 cup sugar
- ☐ 1.5 teaspoons vanilla extract

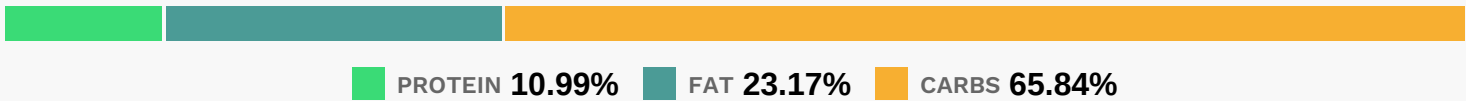
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a heavy Dutch oven; bring to a simmer over medium-high heat (about 15 minutes). Stir in rice and salt; reduce heat to medium, and cook 45 minutes or until rice is tender. Stir occasionally, about every 5 to 10 minutes initially, and then as pudding begins to thicken, watch and stir every few minutes to prevent sticking. Do not boil.
- ☐ Place egg in a bowl; gradually add 1 cup hot rice mixture to egg, stirring constantly with a whisk. Return egg mixture to pan; cook 1 minute.
- ☐ Remove from heat.
- ☐ Add raisins, amaretto, vanilla, and sour cream; stir well.
- ☐ Sprinkle with cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:15.66, Glycemic Load:25.35, Inflammation Score:-3, Nutrition Score:7.8839130401611%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 308.79kcal (15.44%), Fat: 7.74g (11.9%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 48.91g (17.78%), Sugar: 28.87g (32.07%), Cholesterol: 34.7mg (11.57%), Sodium: 169.72mg

(7.38%), Alcohol: 1.66g (100%), Alcohol %: 0.9% (100%), Protein: 8.26g (16.51%), Calcium: 228.93mg (22.89%), Vitamin B2: 0.36mg (21.43%), Phosphorus: 200.81mg (20.08%), Vitamin B12: 0.95µg (15.88%), Manganese: 0.31mg (15.27%), Selenium: 9.43µg (13.48%), Potassium: 346.28mg (9.89%), Vitamin B5: 0.87mg (8.71%), Zinc: 1.18mg (7.88%), Magnesium: 28.25mg (7.06%), Vitamin A: 333.12IU (6.66%), Vitamin B6: 0.13mg (6.48%), Vitamin B1: 0.09mg (5.87%), Copper: 0.09mg (4.65%), Folate: 13.96µg (3.49%), Vitamin B3: 0.62mg (3.11%), Iron: 0.43mg (2.36%), Fiber: 0.54g (2.17%), Vitamin E: 0.26mg (1.71%)