



Rice Pudding



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 50 grams brown sugar dark
- ☐ 1 eggs
- ☐ 40 grams raisins
- ☐ 1 pinch salt
- ☐ 66 grams short grain rice white uncooked
- ☐ 1 teaspoon vanilla extract
- ☐ 600 ml milk whole

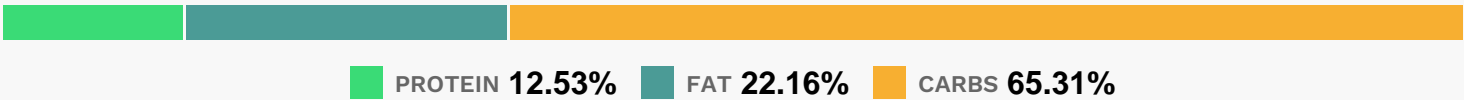
Equipment

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

Directions

- ☐ In a medium-sized, heavy-bottomed saucepan, bring the milk, rice and salt to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20–25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan. 2 In a small mixing bowl, whisk together egg and brown sugar until well mixed.
- ☐ Add a half cup of the hot rice mixture to the egg mixture, a tablespoon at a time, vigorously whisking to incorporate. 3
- ☐ Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 5 to 10 minutes, until thickened, or about 160°F (71°C). Be careful not to have the mixture come to a boil at this point or it will curdle. Stir in the vanilla.
- ☐ Remove from heat and stir in the raisins and cinnamon.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:61.27, Glycemic Load:23.06, Inflammation Score:-5, Nutrition Score:11.999565178933%

Nutrients (% of daily need)

Calories: 330.54kcal (16.53%), Fat: 8.18g (12.59%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 52.66g (19.15%), Sugar: 26.31g (29.24%), Cholesterol: 79.31mg (26.44%), Sodium: 120.88mg (5.26%), Alcohol: 0.46g (100%), Alcohol %: 0.21% (100%), Protein: 10.41g (20.81%), Calcium: 281.97mg (28.2%), Phosphorus: 269.12mg (26.91%), Vitamin B2: 0.39mg (22.81%), Vitamin B12: 1.24µg (20.74%), Vitamin B1: 0.26mg (17.39%), Selenium: 12.03µg (17.18%), Vitamin D: 2.56µg (17.08%), Manganese: 0.32mg (15.95%), Folate: 58.29µg (14.57%), Potassium: 481.22mg (13.75%), Vitamin B5: 1.31mg (13.06%), Vitamin B6: 0.22mg (11.04%), Magnesium:

37.33mg (9.33%), Iron: 1.67mg (9.26%), Zinc: 1.31mg (8.74%), Vitamin A: 413.84IU (8.28%), Vitamin B3: 1.31mg (6.54%), Fiber: 1.61g (6.44%), Copper: 0.11mg (5.42%), Vitamin E: 0.26mg (1.74%)