



## Rice Pudding



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



3

CALORIES



331 kcal

DESSERT

## Ingredients

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

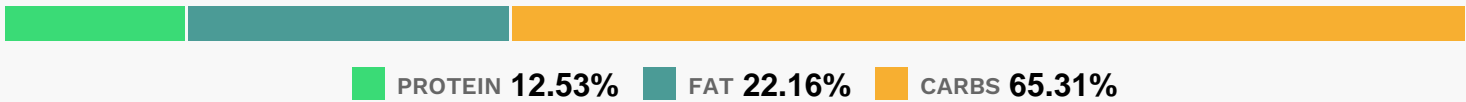
# Equipment

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

# Directions

- ☐ Cook the rice in milk: 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 partially covered until the rice is tender, about 20-25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.
- ☐ Mix egg and brown sugar, temper with rice mixture: 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.
- ☐ Add tempered egg mixture back to rice mixture:
- ☐ 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%)