

Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 cup rice white cooked
- ☐ 2 eggs beaten
- ☐ 1 pinch ground nutmeg
- ☐ 1 quart milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

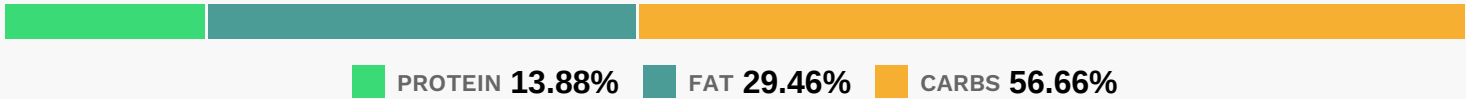
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart baking dish.
- ☐ In a 2 quart saucepan over medium heat, scald the milk and remove from heat.
- ☐ Add the rice, sugar and salt.
- ☐ Mix well and slowly add the eggs, vanilla, and butter.
- ☐ Pour mixture into a 2 quart baking dish.
- ☐ Sprinkle nutmeg on top.
- ☐ Bake for 40 minutes. Stir pudding after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:56.18, Glycemic Load:22.44, Inflammation Score:-3, Nutrition Score:7.3295652196621%

Nutrients (% of daily need)

Calories: 221.82kcal (11.09%), Fat: 7.31g (11.24%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 31.47g (11.45%), Sugar: 24.38g (27.09%), Cholesterol: 75.28mg (25.09%), Sodium: 183.5mg (7.98%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.75g (15.49%), Calcium: 205.62mg (20.56%), Phosphorus: 200.24mg (20.02%), Vitamin B2: 0.29mg (17.17%), Vitamin B12: 0.98µg (16.39%), Selenium: 9.59µg (13.69%), Vitamin D: 2.03µg (13.52%), Vitamin B5: 0.92mg (9.17%), Potassium: 267.67mg (7.65%), Vitamin B6: 0.15mg (7.3%), Vitamin A: 355.71IU (7.11%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.67%), Zinc: 0.97mg (6.48%), Magnesium: 24.21mg (6.05%), Folate: 7.84µg (1.96%), Iron: 0.32mg (1.8%), Vitamin E: 0.26mg (1.75%), Copper: 0.03mg (1.68%), Vitamin B3: 0.29mg (1.43%)