



Rice Pudding II

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

15

CALORIES

calories

240 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups milk
- ☐ 1 cup raisins
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup rice white uncooked

☐ 2 cups sugar white

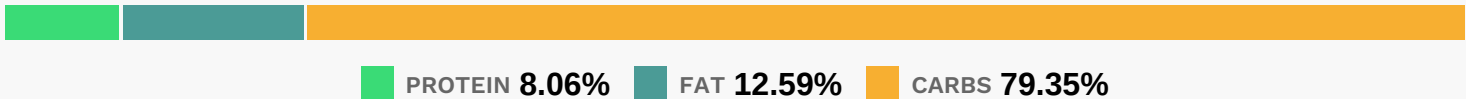
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl combine the cooked rice, sugar, eggs and salt.
- ☐ Mix well. Stir in flour, raisins and vanilla. Stir in milk.
- ☐ Pour into 9x13 inch baking dish.
- ☐ Bake in preheated oven 25 to 30 minutes, until lightly set.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:30.93, Inflammation Score:-1, Nutrition Score:5.0573913629936%

Nutrients (% of daily need)

Calories: 240.47kcal (12.02%), Fat: 3.44g (5.29%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 47.88g (17.41%), Sugar: 29.84g (33.16%), Cholesterol: 51.46mg (17.15%), Sodium: 48.41mg (2.1%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.95g (9.9%), Phosphorus: 112.65mg (11.26%), Selenium: 7.63µg (10.89%), Vitamin B2: 0.18mg (10.74%), Calcium: 93.85mg (9.38%), Manganese: 0.18mg (9.09%), Vitamin B12: 0.46µg (7.6%), Vitamin D: 0.95µg (6.34%), Potassium: 210.88mg (6.03%), Vitamin B5: 0.56mg (5.61%), Vitamin B1: 0.08mg (5.13%), Vitamin B6: 0.1mg (4.95%), Magnesium: 15.85mg (3.96%), Zinc: 0.59mg (3.93%), Iron: 0.66mg (3.69%), Copper: 0.07mg (3.65%), Fiber: 0.87g (3.5%), Vitamin A: 168.77IU (3.38%), Folate: 10.6µg (2.65%), Vitamin B3: 0.51mg (2.53%), Vitamin E: 0.17mg (1.14%)