



Rice Pudding III

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



2

CALORIES



1533 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 7 eggs
- 5 cups milk
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla extract
- 2 cups water
- 0.8 cup rice long-grain white uncooked
- 1.3 cups sugar white

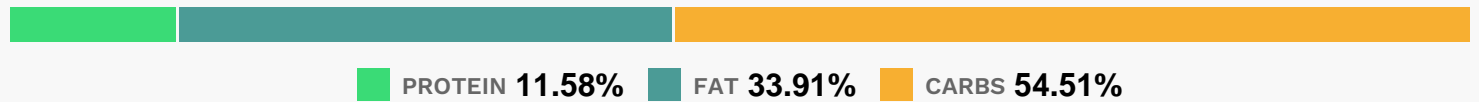
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Place rice in a small saucepan. Cover with water and stir in salt. Cook over low heat until water is absorbed, about 20 minutes.
- In a large bowl, beat eggs. Beat in milk, sugar and vanilla. Stir in rice.
- Pour into a 2 quart baking dish. Dot with butter.
- Bake in preheated oven 45 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:109.64, Glycemic Load:131.48, Inflammation Score:-8, Nutrition Score:40.314782920091%

Nutrients (% of daily need)

Calories: 1532.78kcal (76.64%), Fat: 58.04g (89.29%), Saturated Fat: 30.88g (192.98%), Carbohydrates: 209.96g (69.99%), Net Carbohydrates: 209.06g (76.02%), Sugar: 155.14g (172.38%), Cholesterol: 707.09mg (235.7%), Sodium: 1231.12mg (53.53%), Alcohol: 1.03g (100%), Alcohol %: 0.11% (100%), Protein: 44.6g (89.2%), Phosphorus: 1007.79mg (100.78%), Selenium: 70.38µg (100.54%), Vitamin B2: 1.62mg (95.05%), Calcium: 871.81mg (87.18%), Vitamin B12: 4.71µg (78.55%), Vitamin D: 9.79µg (65.27%), Vitamin B5: 5.37mg (53.72%), Vitamin A: 2528.89IU (50.58%), Manganese: 0.84mg (41.79%), Vitamin B6: 0.75mg (37.47%), Zinc: 5.31mg (35.4%), Potassium: 1221.17mg (34.89%), Vitamin B1: 0.45mg (30.23%), Magnesium: 112.33mg (28.08%), Folate: 78.78µg (19.7%), Iron: 3.33mg (18.48%), Vitamin E: 2.66mg (17.71%), Copper: 0.32mg (15.94%), Vitamin B3: 1.89mg (9.45%), Vitamin K: 4.35µg (4.14%), Fiber: 0.9g (3.61%)