



Rum Raisin Rice Pudding

 Vegetarian  Gluten Free

READY IN



42 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- 0.8 cup rice white
- 2 tablespoons rum dark
- 1 extra large eggs beaten
- 5 cups half-and-half divided
- 0.5 teaspoon kosher salt
- 0.8 cup raisins
- 0.5 cup sugar
- 1.5 teaspoons vanilla extract pure

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- stove

Directions

- Watch how to make this recipe.
- In a small bowl, combine the raisins and rum. Set aside.
- Combine the rice and salt with 1 1/2 cups water in a medium heavy-bottomed stainless steel saucepan. Bring it to a boil, stir once, and simmer, covered, on the lowest heat for 8 to 9 minutes, until most of the water is absorbed. (If your stove is very hot, pull the pan halfway off the burner.)
- Stir in 4 cups of half-and-half and sugar and bring to a boil. Simmer uncovered for 25 minutes, until the rice is very soft. Stir often, particularly toward the end. Slowly stir in the beaten egg and continue to cook for 1 minute. Off the heat, add the remaining cup of half-and-half, the vanilla, and the raisins with any remaining rum. Stir well.
- Pour into a bowl, and place a piece of plastic wrap directly on top of the pudding to prevent a skin from forming.
- Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:22.8, Inflammation Score:-4, Nutrition Score:7.3534783306329%

Nutrients (% of daily need)

Calories: 370.64kcal (18.53%), Fat: 18.29g (28.14%), Saturated Fat: 10.91g (68.17%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 42.48g (15.45%), Sugar: 18.86g (20.96%), Cholesterol: 78.98mg (26.33%), Sodium: 252.45mg

(10.98%), Alcohol: 1.51g (100%), Alcohol %: 0.93% (100%), Protein: 7.2g (14.39%), Vitamin B2: 0.36mg (21.29%), Phosphorus: 187.88mg (18.79%), Calcium: 174.72mg (17.47%), Selenium: 9.76µg (13.95%), Manganese: 0.23mg (11.59%), Vitamin A: 573.22IU (11.46%), Potassium: 342.87mg (9.8%), Vitamin B5: 0.73mg (7.27%), Vitamin B6: 0.14mg (7.09%), Magnesium: 24.47mg (6.12%), Zinc: 0.9mg (5.98%), Vitamin B12: 0.35µg (5.83%), Vitamin B1: 0.08mg (5.06%), Copper: 0.1mg (5.01%), Fiber: 1.15g (4.6%), Iron: 0.7mg (3.88%), Vitamin E: 0.47mg (3.14%), Vitamin B3: 0.6mg (3.01%), Vitamin C: 2.1mg (2.54%), Folate: 9.62µg (2.41%), Vitamin K: 2µg (1.91%)