



Rum-Raisin Rice Pudding

 Vegetarian  Gluten Free

READY IN

ready

67 min.

SERVINGS

servings

6

CALORIES

calories

495 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup rum dark
- ☐ 3 large egg yolks lightly beaten
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup half-and-half

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup rice long-grain white
- ☐ 2.8 cups milk whole

Equipment

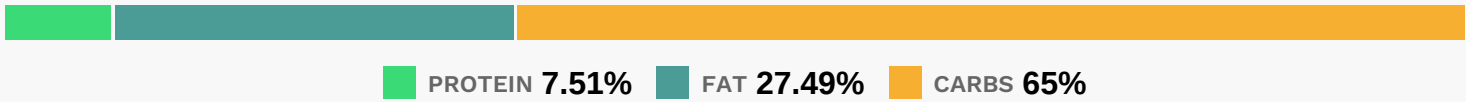
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In small non-stick saucepan, combine the raisins and rum and bring to a boil over medium-high heat.
- ☐ Remove the pan from the heat and let steep while you make the pudding.
- ☐ In a medium, heavy saucepan, combine the milk, rice, brown sugar, granulated sugar, butter, salt, cinnamon, 1 cup of the half-and-half. Cook over medium heat until the milk mixture comes to a gentle boil. Stir the mixture, cover the pan, and reduce the heat to low. Cook for 40 to 45 minutes, or until the rice is cooked through and much of the liquid is absorbed.
- ☐ In a small bowl, place the cornstarch. Gradually whisk in the remaining 1/2 cup half-and-half until smooth.
- ☐ Whisk in the egg yolks.
- ☐ Whisk about 1/2 cup of the hot rice mixture into the yolk mixture. Return this mixture to the pudding in the saucepan. Cook over medium heat, stirring constantly, until the mixture just starts to bubble. Continue to cook, stirring, for 1 minute, or until the mixture thickens slightly.
- ☐ Remove the pan from the heat.
- ☐ Add the vanilla to the rum-raisin mixture, and stir the mixture into the rice pudding. Divide the pudding among 6 sundae glasses, cover with plastic wrap (unless you want a skin to form), pressing it directly onto the surface of the pudding, and refrigerate for about 2 hours, or until

well chilled.

Nutrition Facts



Properties

Glycemic Index:40.99, Glycemic Load:33.63, Inflammation Score:-4, Nutrition Score:9.9443478817525%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 494.9kcal (24.74%), Fat: 14.57g (22.41%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 76.58g (27.85%), Sugar: 48.83g (54.25%), Cholesterol: 129.37mg (43.12%), Sodium: 467.88mg (20.34%), Alcohol: 3.68g (100%), Alcohol %: 1.82% (100%), Protein: 8.96g (17.92%), Phosphorus: 236.31mg (23.63%), Calcium: 224.43mg (22.44%), Manganese: 0.42mg (20.76%), Selenium: 13.32µg (19.03%), Vitamin B2: 0.32mg (18.93%), Vitamin B12: 0.85µg (14.24%), Vitamin D: 1.76µg (11.73%), Vitamin B5: 1.15mg (11.47%), Vitamin A: 563.39IU (11.27%), Potassium: 383.85mg (10.97%), Vitamin B6: 0.22mg (10.79%), Zinc: 1.21mg (8.04%), Magnesium: 31.78mg (7.94%), Vitamin B1: 0.11mg (7.55%), Copper: 0.14mg (6.88%), Iron: 0.88mg (4.87%), Folate: 16.78µg (4.19%), Vitamin B3: 0.82mg (4.12%), Fiber: 0.94g (3.76%), Vitamin E: 0.53mg (3.56%), Vitamin K: 1.73µg (1.64%)