



Slow-Cooker Caramel Rice Pudding

 Vegetarian  Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 3 cups rice white cooked
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon vanilla
- ☐ 14 ounces condensed milk sweetened canned
- ☐ 12 ounces evaporated milk canned
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon ground cinnamon

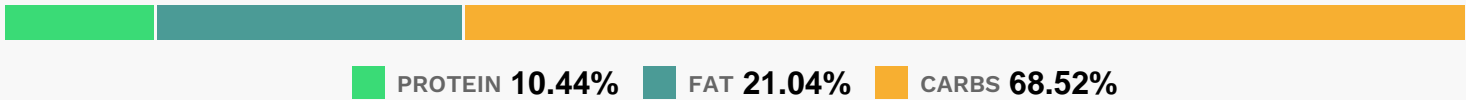
Equipment

☐ slow cooker

Directions

- ☐ Spray inside of 2- to 3 1/2-quart slow cooker with cooking spray.
- ☐ Mix all ingredients except sugar and cinnamon in cooker.
- ☐ Cover and cook on low heat setting 3 to 4 hours or until liquid is absorbed. Stir pudding.
- ☐ Sprinkle pudding with sugar and cinnamon.
- ☐ Serve warm. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:37.99, Glycemic Load:39.27, Inflammation Score:-3, Nutrition Score:8.1791304997776%

Nutrients (% of daily need)

Calories: 328.34kcal (16.42%), Fat: 7.75g (11.93%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 56.82g (18.94%), Net Carbohydrates: 55.83g (20.3%), Sugar: 32.85g (36.5%), Cholesterol: 29.2mg (9.73%), Sodium: 111.3mg (4.84%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 8.65g (17.31%), Calcium: 262.92mg (26.29%), Phosphorus: 244.31mg (24.43%), Vitamin B2: 0.37mg (21.52%), Selenium: 12.84µg (18.34%), Manganese: 0.35mg (17.71%), Potassium: 410.26mg (11.72%), Vitamin B5: 0.88mg (8.8%), Magnesium: 33.14mg (8.29%), Zinc: 1.11mg (7.37%), Vitamin B6: 0.12mg (5.96%), Vitamin B1: 0.09mg (5.78%), Vitamin B12: 0.29µg (4.77%), Vitamin A: 234.83IU (4.7%), Copper: 0.08mg (4.19%), Fiber: 0.99g (3.94%), Vitamin C: 2.6mg (3.15%), Iron: 0.55mg (3.06%), Folate: 10.92µg (2.73%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.18mg (1.18%)