



Slow Cooker Rice Pudding

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



384 kcal

DESSERT

Ingredients

- 0.8 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 2 tablespoons brown sugar light packed
- 1 cup raisins
- 0.3 teaspoon salt fine
- 10 servings butter unsalted
- 0.5 teaspoon vanilla extract
- 2 cups rice long-grain white

7 cups milk whole as needed plus more

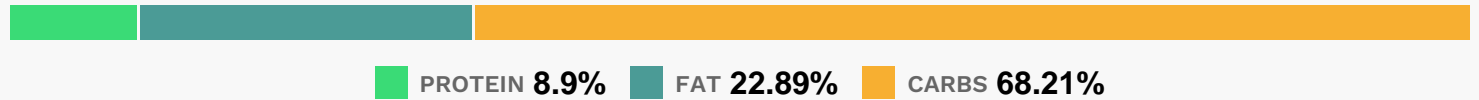
Equipment

slow cooker

Directions

- Coat the insert of a 3-quart or larger slow cooker with a thin layer of butter.
- Add 6 cups of the milk, the rice, sugar, and salt and stir to combine. Cover and cook on high until the rice is cooked through and the pudding is creamy, about 3 1/2 to 4 hours. Stir in the remaining cup of milk, raisins (if using), brown sugar, cinnamon, and vanilla.
- Add additional milk as needed to reach the desired consistency.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.31, Glycemic Load:37.42, Inflammation Score:-3, Nutrition Score:9.497391236865%

Nutrients (% of daily need)

Calories: 383.99kcal (19.2%), Fat: 9.89g (15.22%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 64.82g (23.57%), Sugar: 25.59g (28.43%), Cholesterol: 31.25mg (10.42%), Sodium: 130.35mg (5.67%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Protein: 8.66g (17.31%), Manganese: 0.47mg (23.43%), Calcium: 228.91mg (22.89%), Phosphorus: 227.3mg (22.73%), Vitamin B2: 0.28mg (16.76%), Vitamin B12: 0.93µg (15.51%), Vitamin D: 1.95µg (13.03%), Selenium: 9.09µg (12.99%), Potassium: 423.81mg (12.11%), Vitamin B5: 1.03mg (10.28%), Vitamin B6: 0.19mg (9.67%), Vitamin B1: 0.14mg (9.21%), Magnesium: 34.5mg (8.62%), Vitamin A: 401.94IU (8.04%), Zinc: 1.14mg (7.59%), Copper: 0.13mg (6.52%), Fiber: 1.52g (6.08%), Vitamin B3: 0.94mg (4.7%), Iron: 0.71mg (3.92%), Vitamin E: 0.24mg (1.63%)