

Sweet Rice

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

Ingredients

- 1 eggs
- 1 tablespoon flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.7 cup heavy cream
- 2 tablespoons butter unsalted
- 1.5 teaspoons vanilla extract
- 2 cups water
- 1 cup rice long-grain white uncooked

0.3 cup sugar white

1 cup milk whole

Equipment

bowl

sauce pan

whisk

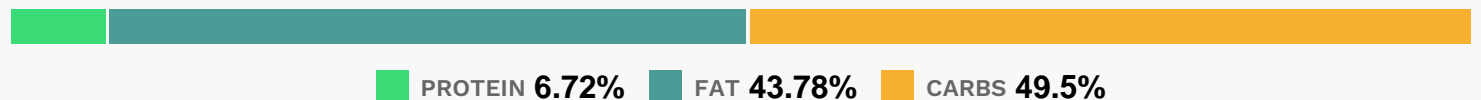
Directions

Bring the rice, butter, and water to a boil in a large saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Whisk together 2 cups of milk, flour, sugar, egg, and vanilla extract in a bowl, and pour the milk mixture over the cooked rice. Stir to combine, and simmer over low heat for 15 minutes. Stir in 1 cup whole milk, the cream, raisins, and cinnamon until thoroughly mixed, and allow to cool for a few minutes.

Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:24.01, Inflammation Score:-4, Nutrition Score:5.8369564627824%

Nutrients (% of daily need)

Calories: 321.42kcal (16.07%), Fat: 15.58g (23.98%), Saturated Fat: 9.52g (59.52%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 39.12g (14.22%), Sugar: 14.02g (15.58%), Cholesterol: 72.08mg (24.03%), Sodium: 39.25mg (1.71%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 5.38g (10.77%), Manganese: 0.38mg (19%), Selenium: 9.02µg (12.88%), Vitamin A: 611.33IU (12.23%), Phosphorus: 109.03mg (10.9%), Vitamin B2: 0.17mg (9.73%), Calcium: 85.78mg (8.58%), Vitamin D: 1.09µg (7.25%), Vitamin B5: 0.66mg (6.56%), Vitamin B12: 0.34µg (5.59%), Vitamin B6: 0.1mg (4.92%), Copper: 0.09mg (4.68%), Zinc: 0.69mg (4.58%), Vitamin B1: 0.06mg (4.18%), Magnesium: 16.7mg (4.17%), Potassium: 136.58mg (3.9%), Vitamin E: 0.49mg (3.25%), Vitamin B3: 0.64mg (3.2%), Iron: 0.48mg (2.67%), Folate: 9.41µg (2.35%), Fiber: 0.52g (2.09%), Vitamin K: 1.4µg (1.34%)