

## Sweet Rice

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

### Ingredients

- 1 eggs
- 1 tablespoon flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.7 cup heavy cream
- 0.5 cup raisins
- 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

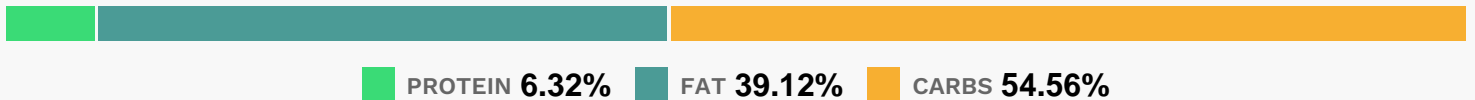
## Equipment

- 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:51.35, Glycemic Load:29.1, Inflammation Score:-4, Nutrition Score:6.6482609303101%

## Nutrients (% of daily need)

Calories: 357.19kcal (17.86%), Fat: 15.65g (24.08%), Saturated Fat: 9.55g (59.66%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 47.78g (17.37%), Sugar: 14.02g (15.58%), Cholesterol: 72.08mg (24.03%), Sodium: 42.63mg (1.85%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 5.69g (11.38%), Manganese: 0.41mg (20.61%), Selenium: 9.09µg (12.98%), Vitamin A: 611.33IU (12.23%), Phosphorus: 118.09mg (11.81%), Vitamin B2: 0.19mg (11.02%), Calcium: 89.16mg (8.92%), Vitamin D: 1.09µg (7.25%), Potassium: 236.27mg (6.75%), Vitamin B5: 0.66mg (6.61%), Copper: 0.13mg (6.51%), Vitamin B6: 0.12mg (6.05%), Vitamin B12: 0.34µg (5.59%), Fiber: 1.34g (5.38%), Vitamin B1: 0.08mg (5.09%), Magnesium: 20.32mg (5.08%), Zinc: 0.71mg (4.72%), Iron: 0.79mg (4.41%), Vitamin B3:

0.78mg (3.88%), Vitamin E: 0.49mg (3.25%), Folate: 9.77µg (2.44%), Vitamin K: 1.4µg (1.34%)