



Vanilla Bean Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.8 cup rice
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 1.5 cups water
- ☐ 3 cups milk whole

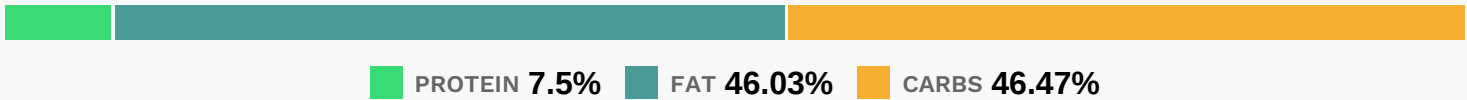
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Bring 1 1/2 cups water, rice, and salt to simmer in heavy large saucepan over medium-high heat. Reduce heat to low; cover. Simmer until water is absorbed, about 10 minutes.
- ☐ Add milk, cream, and sugar. Scrape in seeds from vanilla bean; add bean. Increase heat to medium; cook uncovered until rice is tender and mixture thickens slightly to a soft, creamy texture, stirring occasionally, about 35 minutes.
- ☐ Remove pudding from heat and discard vanilla bean. Divide pudding evenly among small bowls.
- ☐ Serve warm or press plastic wrap directly onto surface of each pudding and chill thoroughly. **DO AHEAD:** Pudding can be made 2 days ahead. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index: 21.16, Glycemic Load: 18.7, Inflammation Score: -4, Nutrition Score: 5.4804347844227%

Nutrients (% of daily need)

Calories: 268.21kcal (13.41%), Fat: 13.87g (21.34%), Saturated Fat: 8.58g (53.6%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 31.29g (11.38%), Sugar: 17.77g (19.74%), Cholesterol: 44.6mg (14.87%), Sodium: 118.68mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Calcium: 138.54mg (13.85%), Phosphorus: 129.62mg (12.96%), Vitamin A: 585.55IU (11.71%), Vitamin B2: 0.19mg (11.36%), Vitamin D: 1.48µg (9.88%), Manganese: 0.19mg (9.67%), Vitamin B12: 0.54µg (9.03%), Selenium: 5.33µg (7.61%), Vitamin B5: 0.59mg (5.93%), Potassium: 185.72mg (5.31%), Vitamin B6: 0.09mg (4.73%), Vitamin B1: 0.07mg (4.62%), Magnesium: 17.84mg (4.46%), Zinc: 0.64mg (4.28%), Copper: 0.05mg (2.52%), Vitamin E: 0.34mg (2.26%), Vitamin B3: 0.39mg (1.96%), Vitamin K: 1.24µg (1.18%)