



Vegan Eggnog Rice Pudding

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



539 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 1 Tablespoon dairy-free margarine good (Earth Balance soy-free is a option)
- 1.5 cups vegan eggnog divided store-bought fine (is)
- 0.3 Teaspoon ground cinnamon
- 2 servings nutmeg
- 0.3 cup raisins
- 1 pinch salt
- 1 Teaspoon vanilla extract

1 cup rice long grain white cooked

Equipment

sauce pan

pot

Directions

Place the rice and 1 cup of vegan eggnog in a medium saucepan and cook over moderate heat. Keep it just below a boil for about 5 minutes until the rice has mostly absorbed the liquid, and add in the sugar, salt, cinnamon, and raisins. Cook for another 10 minutes or so before adding in the remaining nog, and then simmer for another 5 to 10 minutes, or until the mixture has reached your desired thickness. Stir in the dairy-free margarine just to melt and combine, take the pot off the heat, and incorporate the vanilla. Either serve immediately while still warm, or let it sit in the fridge until it's thoroughly chilled. Top with freshly grated nutmeg, if desired.

Nutrition Facts

 **PROTEIN 8.51%** **FAT 22.46%** **CARBS 69.03%**

Properties

Glycemic Index:148.9, Glycemic Load:42.93, Inflammation Score:-5, Nutrition Score:13.10695654413%

Nutrients (% of daily need)

Calories: 538.89kcal (26.94%), Fat: 13.59g (20.91%), Saturated Fat: 6.73g (42.04%), Carbohydrates: 93.97g (31.32%), Net Carbohydrates: 91.47g (33.26%), Sugar: 51.77g (57.52%), Cholesterol: 112.39mg (37.47%), Sodium: 185.82mg (8.08%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Protein: 11.58g (23.17%), Calcium: 299.17mg (29.92%), Manganese: 0.58mg (28.84%), Phosphorus: 266.03mg (26.6%), Vitamin B2: 0.42mg (24.67%), Selenium: 14.55µg (20.79%), Potassium: 603.12mg (17.23%), Vitamin D: 2.29µg (15.24%), Magnesium: 60.28mg (15.07%), Vitamin B12: 0.86µg (14.29%), Vitamin A: 662.54IU (13.25%), Vitamin E: 1.79mg (11.94%), Vitamin B6: 0.23mg (11.67%), Vitamin B5: 1.16mg (11.63%), Fiber: 2.51g (10.03%), Copper: 0.19mg (9.62%), Zinc: 1.37mg (9.12%), Iron: 1.51mg (8.39%), Vitamin B1: 0.11mg (7.66%), Vitamin C: 4.23mg (5.13%), Vitamin K: 4.53µg (4.32%), Vitamin B3: 0.86mg (4.32%), Folate: 6.9µg (1.73%)