



## Rice Pudding

### Ingredients

- 2 cups cooked, white rice
- 3 cups 1% milk
- ¼ cup sugar
- ¼ teaspoon salt
- 1/3 cup raisins
- 1 egg, slightly beaten
- 1 Tablespoon butter
- 1 teaspoon vanilla extract

Makes 6 servings

### Notes:

- Substitute 1 cup instant nonfat dry milk powder and 3 cups of water in place of low fat milk.
- For added nutrition substitute cooked brown rice for cooked white rice.

### Instructions

1. Use leftover rice or cook 1 cup of dry rice ahead of time.
2. In a medium saucepan, combine cooked rice, milk, sugar, salt, and raisins; bring to a light boil, and then reduce heat, cooking over medium low heat until thick and creamy, about 20-25 minutes, stirring often.
3. In a small dish beat egg thoroughly then add to saucepan mixture while stirring and cook for 5 more minutes stirring occasionally. Do not boil, but mixture must reach 160° F degrees.
4. Remove saucepan from heat, stir in butter and vanilla.
5. Pour into a serving dish or individual dishes. Serve warm or refrigerate and serve cold.

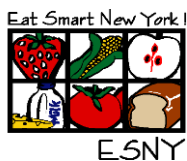
### Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein 7g</b>	
Vitamin A 6%	• Vitamin C 2%
Calcium 15%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

18% calories from fat

**Source:** Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

