

Easiest Rice Pudding

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Servings: 8

1 cup Arborio rice
1/2 cup sugar
1/4 teaspoon coarse salt
4 3/4 cups whole milk, divided
1 1/2 teaspoons pure vanilla extract
1/4 cup heavy cream
ground cinnamon (for serving)

In a large saucepan, bring the rice, sugar, salt and 4-1/2 cups of milk to a boil over medium-high. Reduce the heat. Cover and simmer for 25 minutes. Uncover and cook, stirring constantly, until the rice is tender and the pudding is creamy, 5 minutes.

Stir in the vanilla and remaining 1/4 cup of milk. Transfer to a serving dish and press plastic wrap directly on the surface to prevent a skin from forming. Refrigerate until chilled, at least one hour (or up to three days).

To serve, stir in heavy cream and sprinkle with cinnamon.

Per Serving (excluding unknown items): 247 Calories; 8g Fat (27.7% calories from fat); 7g Protein; 38g Carbohydrate; 0g Dietary Fiber; 30mg Cholesterol; 137mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.

Dessert

Per Serving Nutritional Analysis

Calories (kcal):	247
% Calories from Fat:	27.7%
% Calories from Carbohydrates:	61.6%
% Calories from Protein:	10.7%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	30mg
Carbohydrate (g):	38g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
 Protein (g): 7g
 Sodium (mg): 137mg
 Potassium (mg): 225mg
 Calcium (mg): 178mg
 Iron (mg): trace
 Zinc (mg): 1mg
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 292IU
 Vitamin A (r.e.): 86 1/2RE

Grain (Starch): 1
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1/2
 Fat: 1 1/2
 Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 247 Calories from Fat: 68

% Daily Values*

Total Fat	8g	12%
Saturated Fat	5g	24%
Cholesterol	30mg	10%
Sodium	137mg	6%
Total Carbohydrates	38g	13%
Dietary Fiber	0g	0%
Protein	7g	

Vitamin A	6%
Vitamin C	2%
Calcium	18%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.