

Lazy Days Low-Fat Creamy Rice Pudding

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"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 package (six servings) instant
vanilla pudding
3 cups skim milk
1 cup cooked rice
1/2 cup raisins
4 ounces Cool Whip Lite®
cinnamon (to taste)

Prepare the pudding mix according to manufacturers directions using skim milk. Let sit for 10 minutes.

Plump the raisins by soaking in boiled water. Make sure they are drained and cooled before using. Make sure that the rice is cooled.

Stir the raisins and cinnamon into the rice, then add to the pudding mix.

Carefully fold the Cool Whip into the pudding, making sure that it is completely mixed.

Per Serving (excluding unknown items): 998 Calories; 16g Fat (15.2% calories from fat); 32g Protein; 173g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 476mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Fruit; 3 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	998
% Calories from Fat:	15.2%
% Calories from Carbohydrates:	71.5%
% Calories from Protein:	13.4%
Total Fat (g):	16g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	13mg
Carbohydrate (g):	173g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	2.2mg
Vitamin B12 (mcg):	2.8mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	148mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	3 1/2
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Protein (g): 32g
Sodium (mg): 476mg
Potassium (mg): 1948mg
Calcium (mg): 977mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 2006IU
Vitamin A (r.e.): 600RE

Lean Meat: 0
Vegetable: 0
Fruit: 4
Non-Fat Milk: 3
Fat: 3
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 998 Calories from Fat: 151

% Daily Values*

Total Fat	16g	25%
Saturated Fat	1g	5%
Cholesterol	13mg	4%
Sodium	476mg	20%
Total Carbohydrates	173g	58%
Dietary Fiber	4g	15%
Protein	32g	

Vitamin A	40%
Vitamin C	16%
Calcium	98%
Iron	12%

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