

Mother's Rice Pudding

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*2 cups cooked rice
3 eggs
2 cups milk
3/4 cup sugar
1 teaspoon vanilla
1/2 teaspoon nutmeg
dash salt
1/4 stick butter
raisins (optional)*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients well.

Pour the mixture into a 1-1/2 quart casserole dish.

Bake for 40 to 50 minutes.

Per Serving (excluding unknown items): 1804 Calories; 56g Fat (27.8% calories from fat); 45g Protein; 279g Carbohydrate; 2g Dietary Fiber; 764mg Cholesterol; 692mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Non-Fat Milk; 9 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1804
% Calories from Fat:	27.8%
% Calories from Carbohydrates:	62.1%
% Calories from Protein:	10.1%
Total Fat (g):	56g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	764mg
Carbohydrate (g):	279g
Dietary Fiber (g):	2g
Protein (g):	45g
Sodium (mg):	692mg
Potassium (mg):	1100mg
Calcium (mg):	712mg

Vitamin B6 (mg):	3.9mg
Vitamin B12 (mcg):	3.7mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	314mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2

Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2215IU
Vitamin A (r.e.): 610RE

Fat: 9
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories	1804	Calories from Fat: 502
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% Daily Values*

Total Fat	56g	86%
Saturated Fat	30g	148%
Cholesterol	764mg	255%
Sodium	692mg	29%
Total Carbohydrates	279g	93%
Dietary Fiber	2g	7%
Protein	45g	

Vitamin A	44%
Vitamin C	8%
Calcium	71%
Iron	22%

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