

Virginia's Baked Rice Pudding

*Virginia Nygard - Port St. Lucie, FL
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*4 cups milk, divided
1/2 cup long grain rice
1/2 cup raisins
1/4 cup butter or margarine
3 beaten eggs
1/2 cup sugar
1 teaspoon vanilla
1/2 teaspoon salt
ground nutmeg or cinnamon (if
desired)*

Preheat the oven to 325 degrees.

To make the rice: In a medium saucepan, bring two cups of milk, the butter, raisins and rice to a boil. Reduce the heat to low and cover. Cook for about 15 minutes or until the rice is tender, stirring occasionally.

While the rice cooks, mix the remaining two cups of milk with the eggs, sugar, vanilla, salt and spices.

Gradually stir the rice mixture into the egg mixture, blending thoroughly, before pouring into a baking dish.

Bake for 30 minutes; then stir.

Sprinkle with nutmeg or cinnamon, if desired.

Bake for 15 to 20 minutes more or until a knife inserted near the center comes out clean.

Serve with a dollop of whipped cream or ice cream.

Per Serving (excluding unknown items): 1623 Calories; 79g Fat (42.6% calories from fat); 35g Protein; 204g Carbohydrate; 3g Dietary Fiber; 257mg Cholesterol; 2022mg Sodium. Exchanges: 4 Fruit; 4 Non-Fat Milk; 15 Fat; 6 1/2 Other Carbohydrates.

Dessert

Calories (kcal): 1623
% Calories from Fat: 42.6%
% Calories from Carbohydrates: 49.0%
% Calories from Protein: 8.4%
Total Fat (g): 79g
Saturated Fat (g): 49g
Monounsaturated Fat (g): 23g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 257mg
Carbohydrate (g): 204g
Dietary Fiber (g): 3g
Protein (g): 35g
Sodium (mg): 2022mg
Potassium (mg): 2040mg
Calcium (mg): 1222mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 2969IU
Vitamin A (r.e.): 801RE

Vitamin B6 (mg): .6mg
Vitamin B12 (mcg): 3.5mcg
Thiamin B1 (mg): .5mg
Riboflavin B2 (mg): 1.6mg
Folacin (mcg): 53mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 4
Non-Fat Milk: 4
Fat: 15
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 1623 **Calories from Fat:** 692

% Daily Values*

Total Fat	79g	121%
Saturated Fat	49g	245%
Cholesterol	257mg	86%
Sodium	2022mg	84%
Total Carbohydrates	204g	68%
Dietary Fiber	3g	12%
Protein	35g	
Vitamin A		59%
Vitamin C		19%
Calcium		122%
Iron		12%

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