



OLD FASHIONED RICE PUDDING

QUICK INFORMATION

TIME



2 HR

SERVES



6

CALORIES



380

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

1½ cups cooked Lundberg Short Grain Brown Rice

3 eggs

½ cup brown sugar

½ cup raisins or chopped dates (optional)

¼ teaspoon salt

½ teaspoon vanilla extract

3 cups milk

nutmeg

finely chopped nuts (optional)

NUTRITIONAL FACTS

Serving Size: 1/6 recipe

AMOUNT PER SERVING

Calories 380 Calories from Fat

Total Fat 6g
Saturated Fat 2.5g
Trans Fat 0g

Cholesterol 90mg

Sodium 200mg

Total Carbohydrate 74g
Dietary Fiber 1g
Total Sugars 34g

Protein 10g

PREPARATION

Beat eggs, add sugar, beat until smooth. Add milk, salt and extract. Add rice and raisins. Pour into greased shallow baking dish. Sprinkle with nutmeg. Set in pan of hot water and bake at 350 degrees for 90 minutes or until custard is set. After baking for approximately 30 minutes, gently stir custard to suspend rice. Serve warm or cold with milk or whipped cream.