

Rice Pudding

6 servings

Ingredients:

- 6 cups milk
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2-3/4 cup white rice
- 2 teaspoons vanilla extract
- ground cinnamon to taste (optional)



Directions:

- In a large saucepan, combine 5½ cups milk, sugar, and salt. Bring to a boil over medium-high heat.
- Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.
- Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to consistency of yogurt. If instant rice cook for 5-7 minutes or until thickened.
- Once thickened, remove from heat and stir in vanilla. Let cook and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (284g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 16g Added Sugars	32%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 305mg	25%
Iron 0mg	0%
Potassium 473mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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