

# Rice Pudding

**Serving Size:** ¼ cup

**Yield:** 8 servings

## Ingredients

- 1 cup lowfat or skim milk
- 1 cup water
- 1 cup rice, uncooked
- 2 large eggs
- 1 cup evaporated (lowfat or fat-free preferred) milk
- 1 teaspoon vanilla
- ¼ cup sugar
- ⅛ teaspoon ground cinnamon

## Instructions

1. In a saucepan, heat milk and water.
2. Add rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.
3. In a large bowl, mix eggs, ¾ cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining ¼ cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

## Cost

Per Recipe: \$1.99

Per Serving: \$0.25

Adapted from *Recipes and Tips for Healthy, Thrifty Meals*, 2000, USDA, Center for Nutrition Policy and Promotion

## Nutrition Facts

Serving Size: 1/4 cup

Servings Per Recipe: 8

### Amount Per Serving

**Calories** 170      **Calories from Fat** 18

**% Daily Value\***

**Total Fat** 2g      3%

Saturated fat 1g      5%

Trans Fat 0g

**Cholesterol** 64mg      22%

**Sodium** 73mg      3%

**Total Carbohydrate** 30g      10%

Dietary Fiber 0g      0%

Sugars 7g

**Protein** 7g

Vitamin A 2% \*      Vitamin C 0%

Calcium 15% \*      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 \*      Carbohydrate 4 \*      Protein 4