

Easy Rice Pudding

Yield 4 servings

Cooking time 40 minutes

Total time 40 minutes

Ingredients

2/3 cups	white rice, uncooked
2 cups	water (warm)
1 teaspoon	butter or margarine (optional*)
1/2 cup	dry milk, non-fat
2 tablespoons	sugar
1/2 teaspoon	vanilla
1/2 teaspoon	cinnamon
1 cup	water
1/2 cup	raisins (or other dried fruit)

Instructions

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.
6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

* Used in Analysis

Cost

Per recipe: \$1.18

Per serving: \$0.29

Source

Nutrition Facts	
Serving Size 2/3 cup, 1/4 of recipe (246g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 52g	17%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 6g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 10%
*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
Saturated 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	

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards: Vol. 1, 2000

Notes

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.