

Raisin-Rice Pudding

Gourmet Eating in South Carolina - (1985)

1/3 cup uncooked rice

1 quart milk

1/3 cup sugar

2 eggs

1/2 cup seedless raisins

1 tablespoon vanilla

nutmeg (to taste)

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Preheat the oven to 300 degrees.

In a bowl, beat the eggs until light.

Add the rice, milk, sugar, raisins, vanilla and
nutmeg. Mix well.

Pour the batter into a buttered deep baking dish.

Bake in low oven for two hours or until the rice is
done and the pudding is set.

Per Serving (excluding unknown
items): 1003 Calories; 43g Fat
(38.4% calories from fat); 47g
Protein; 107g Carbohydrate; 3g
Dietary Fiber; 557mg Cholesterol;
627mg Sodium. Exchanges: 1 1/2
Lean Meat; 4 Fruit; 4 Non-Fat Milk;
6 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1003
% Calories from Fat:	38.4%
% Calories from Carbohydrates:	42.8%
% Calories from Protein:	18.7%
Total Fat (g):	43g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	557mg
Carbohydrate (g):	107g
Dietary Fiber (g):	3g
Protein (g):	47g
Sodium (mg):	627mg

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	4.8mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	99mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	38
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0

Potassium (mg): 2157mg
Calcium (mg): 1253mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 1724IU
Vitamin A (r.e.): 511 1/2RE

Fruit: 4
Non-Fat Milk: 4
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1003 **Calories from Fat:** 385

% Daily Values*

Total Fat	43g	66%
Saturated Fat	23g	117%
Cholesterol	557mg	186%
Sodium	627mg	26%
Total Carbohydrates	107g	36%
Dietary Fiber	3g	12%
Protein	47g	
Vitamin A		34%
Vitamin C		19%
Calcium		125%
Iron		21%

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