

# Eat Smart • Move More

## Rice Pudding

**Prep Time:** 5 minutes

**Total Time:** 50 minutes

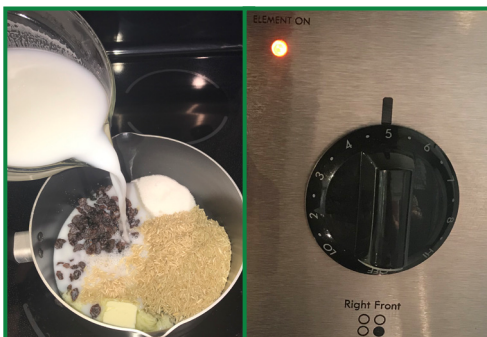


### Ingredients

3 cups 1% milk  
1 cup brown rice  
½ cups raisins  
3 tablespoons sugar  
1 tablespoon butter  
1 teaspoon vanilla extract  
¼ teaspoon ground cinnamon



### Directions



1. Place milk, brown rice, raisins, sugar, and butter in a saucepan over medium heat.



2. Cook 35-45 minutes uncovered until mixture thickens, stirring often.



3. Remove saucepan from heat. Stir in vanilla and cinnamon.



4. Serve. Refrigerate leftovers.

### Nutrition Facts

4 servings per container

**Serving size**

**1 serving**  
(261.57g)

**Amount per serving**

**Calories**

**370**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 68g **25%**

Dietary Fiber 3g **11%**

Total Sugars 31g

Includes 9g of Added Sugars **18%**

**Protein** 10g

Vitamin D 2mcg **10%**

Calcium 247mg **20%**

Iron 1mg **6%**

Potassium 528mg **10%**

\*The % Daily Value (DV) 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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(Recipe adapted from: <https://foodhero.org>)

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