



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Rice Pudding

Rice Pudding

A delicious and creamy dessert made with milk, rice, and sugar. Perfect for summer!

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 ml Milk

100 g Rice

Directions

Step 1

Boiling

In a saucepan, bring the milk to a boil.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Simmering

Add the rice and simmer for 20 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Cooking

Stir in the sugar and cook for an additional 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	4 g	14.29%	16%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%

Recipe Attributes

Seasonality

Summer

Visit our website: healthdor.com