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Fast Rice Pudding ♦

Fast Rice Pudding is a creamy and delicious dessert made with cooked rice, milk, sugar, and flavorings. It is a popular dessert in many cultures and can be enjoyed warm or chilled. This recipe is perfect for those who want a quick and easy dessert that can be made in under 30 minutes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	cooked rice
500 ml	milk
100 g	sugar
1 tsp	vanilla extract
1 tsp	cinnamon

Directions

Step 1

Stove

In a saucepan, combine the cooked rice, milk, sugar, vanilla extract, and cinnamon.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Stove

Bring the mixture to a boil over medium heat, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Reduce the heat to low and simmer for 10 minutes, or until the pudding thickens.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove from heat and let cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serve warm or chilled, garnished with a sprinkle of cinnamon.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

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%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Easter

New Year

Course

Drinks

Salads

Sauces & Dressings

Desserts

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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