

Portuguese Sweet Rice Pudding

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-rice-pudding-recipe-emeril-lagasse>

Ingredients:

- 2 cups water
- 1 cup rice short grain, arborio
- 2 cups milk whole works best
- 1 cup sugar
- 1 lemon rind fresh, use a vegetable peeler for big pieces for easier removal
- cinnamon
- 2 egg yolks optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 115 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 100 milligrams
9. Sugar: 58 grams

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