



Apricot Rice Pudding Pops



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 tablespoons ginger minced peeled
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 lemon grass thinly sliced
- ☐ 3 tablespoons short grain rice (such as arborio)
- ☐ 0.3 cup sugar
- ☐ 0.8 cup coconut milk unsweetened canned
- ☐ 0.5 vanilla pod split
- ☐ 1 cup milk whole

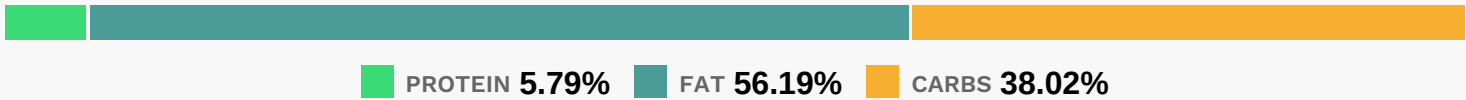
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine milk, coconut milk, cream, lemongrass, ginger, and 1/2 cup water in a medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a boil; remove from heat, cover, and let steep for 15 minutes.
- ☐ Meanwhile, place rice and 1/2 cup water in a small bowl; let stand for 10 minutes (to soften and release some starch).
- ☐ Drain.
- ☐ Strain coconut-milk mixture through a fine-mesh sieve into a medium saucepan.
- ☐ Add rice; bring to a boil. Reduce heat to low, cover, and simmer (do not stir or rice will become too starchy) until rice is very tender, 30–35 minutes.
- ☐ Let cool slightly.
- ☐ Stir in apricots and sugar. Divide mixture among ice-pop molds. Freeze until beginning to set, 30–45 minutes. Insert a stick into each pop. Freeze until firm, about 1 hour longer. DO AHEAD: Pops can be made 2 weeks ahead. Keep frozen.

Nutrition Facts



Properties

Glycemic Index: 25.64, Glycemic Load: 8.4, Inflammation Score: -2, Nutrition Score: 3.4743478311145%

Nutrients (% of daily need)

Calories: 141.3kcal (7.07%), Fat: 9.12g (14.03%), Saturated Fat: 7.04g (43.97%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.22g (4.81%), Sugar: 8.69g (9.65%), Cholesterol: 12.06mg (4.02%), Sodium: 17.24mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Manganese: 0.3mg (14.99%), Phosphorus: 63.82mg (6.38%), Calcium: 46.8mg (4.68%), Selenium: 3.08µg (4.4%), Folate: 17.27µg (4.32%), Copper: 0.08mg (3.83%), Vitamin B1: 0.06mg (3.76%), Iron: 0.67mg (3.72%), Magnesium: 14.53mg (3.63%), Vitamin B2: 0.06mg

(3.59%), Potassium: 124.48mg (3.56%), Vitamin A: 158.78IU (3.18%), Vitamin D: 0.45µg (3.03%), Vitamin B12: 0.18µg (2.94%), Fiber: 0.67g (2.67%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.25mg (2.47%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.04mg (2%)