



Caramelized Rice Pudding with Pears and Raisins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 1 cup arborio rice
- ☐ 3.5 cups bosc pears peeled chopped
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.5 cup heavy cream
- ☐ 4 cups milk 2% reduced-fat
- ☐ 3 tablespoons nonfat milk dry
- ☐ 0.5 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 3 inch vanilla pod split

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ blow torch

Directions

- ☐ Preheat oven to 30
- ☐ Combine first 7 ingredients in a 3-quart casserole. Scrape seeds from vanilla bean; add seeds and bean to rice mixture.
- ☐ Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300, uncovered, 2 1/2 hours or until the rice is tender, stirring occasionally. Discard cinnamon stick and vanilla bean; stir in cream. Cool.
- ☐ Combine pears and next 4 ingredients (pears through cinnamon stick) in a small saucepan; bring to a boil. Reduce heat; simmer 10 minutes or until tender. Discard cinnamon stick. Spoon about 1/3 cup pear mixture into the bottom of each of 8 (8-ounce) ramekins. Top each serving with about 1/3 cup rice pudding. Just before serving, sprinkle 1 tablespoon sugar over each serving. Holding a kitchen blow torch about 2 inches over rice pudding, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 45 seconds).
- ☐ Serve within 30 minutes. (Do not refrigerate or caramel will melt).

Nutrition Facts



 PROTEIN **8.34%**  FAT **20.7%**  CARBS **70.96%**

Properties

Glycemic Index:54.19, Glycemic Load:34.84, Inflammation Score:-5, Nutrition Score:10.462608689847%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 348.89kcal (17.44%), Fat: 8.24g (12.68%), Saturated Fat: 5g (31.28%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 59.82g (21.75%), Sugar: 32.47g (36.08%), Cholesterol: 26.81mg (8.94%), Sodium: 114.88mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Manganese: 0.42mg (20.96%), Calcium: 201.79mg (20.18%), Vitamin B2: 0.34mg (20.08%), Phosphorus: 184.37mg (18.44%), Folate: 70.93µg (17.73%), Fiber: 3.76g (15.04%), Vitamin B1: 0.22mg (14.83%), Vitamin B12: 0.76µg (12.71%), Potassium: 415.43mg (11.87%), Selenium: 8.19µg (11.7%), Vitamin B5: 0.92mg (9.24%), Iron: 1.52mg (8.46%), Vitamin A: 419.35IU (8.39%), Magnesium: 31.28mg (7.82%), Copper: 0.15mg (7.59%), Zinc: 1.09mg (7.28%), Vitamin B6: 0.14mg (7.13%), Vitamin B3: 1.4mg (7%), Vitamin C: 4.12mg (5%), Vitamin K: 3.95µg (3.76%), Vitamin D: 0.55µg (3.65%), Vitamin E: 0.27mg (1.78%)