



WHAT'SHEATE



## Carolina Rice Pudding Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

DESSERT

### Ingredients

- ☐ 4 large egg yolk
- ☐ 6 tablespoons evaporated cane juice
- ☐ 1 pinch ground cloves
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups milk
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons butter unsalted

- ☐ 1 vanilla pod split
- ☐ 0.8 cup rice long-grain white

## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ broiler

## Directions

- ☐ Preheat the oven to 350°F. Lightly grease six 6-ounce ramekins and place on a rimmed baking sheet.
- ☐ In a heavy-bottomed saucepan, bring the milk to a low simmer over medium heat with the rice, vanilla bean and reserved seeds, and salt. Raise the heat to medium and cook, uncovered, stirring occasionally, until the rice is tender and the mixture is thick and creamy, 20 to 25 minutes.
- ☐ Remove from the heat and discard the vanilla bean.
- ☐ Add the heavy cream and granulated sugar and stir until the sugar dissolves. Cool slightly, then stir in the egg yolks, butter, nutmeg, and cloves until the butter melts.
- ☐ Divide the pudding evenly between the prepared ramekins and bake for about 20 minutes, until slightly puffed but still soft in the center.
- ☐ Remove from the oven.
- ☐ Preheat the broiler or prepare a small kitchen torch.
- ☐ Sprinkle each pudding evenly with about 1 tablespoon of the natural cane sugar.
- ☐ If using a broiler, place under the broiler in the upper third of the oven until the sugar caramelizes, rotating the baking sheet to evenly brown, 1 to 2 minutes. If using a kitchen torch, torch each pudding individually to caramelize the sugar, being careful to keep the torch at the distance recommended by the manufacturer.
- ☐ Serve warm.

## Nutrition Facts



**PROTEIN 8.28%** **FAT 54.75%** **CARBS 36.97%**

## Properties

Glycemic Index:28.2, Glycemic Load:13.33, Inflammation Score:-5, Nutrition Score:9.5656521385131%

## Nutrients (% of daily need)

Calories: 406.93kcal (20.35%), Fat: 25.35g (39%), Saturated Fat: 14.96g (93.48%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 38.18g (13.88%), Sugar: 19.67g (21.85%), Cholesterol: 191.9mg (63.97%), Sodium: 451.83mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Phosphorus: 218.51mg (21.85%), Vitamin A: 1060.98IU (21.22%), Calcium: 199.11mg (19.91%), Selenium: 13.4µg (19.14%), Vitamin B2: 0.32mg (18.58%), Vitamin D: 2.66µg (17.72%), Vitamin B12: 0.95µg (15.85%), Manganese: 0.28mg (13.96%), Vitamin B5: 1.13mg (11.35%), Vitamin B6: 0.17mg (8.32%), Potassium: 265.71mg (7.59%), Vitamin B1: 0.11mg (7.55%), Zinc: 1.12mg (7.45%), Magnesium: 24.22mg (6.05%), Vitamin E: 0.85mg (5.69%), Folate: 20.25µg (5.06%), Copper: 0.07mg (3.4%), Iron: 0.55mg (3.03%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.09µg (1.99%), Fiber: 0.34g (1.36%)