



Chocolate Rice Pudding

 Gluten Free

READY IN



222 min.

SERVINGS



8

CALORIES



366 kcal

DESSERT

Ingredients

- ☐ 0.7 cup arborio rice
- ☐ 1.5 tablespoons orange liqueur
- ☐ 1.5 teaspoons orange zest from 1 medium orange
- ☐ 1 cup semi chocolate chips
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 vanilla pod split
- ☐ 5 cups milk whole

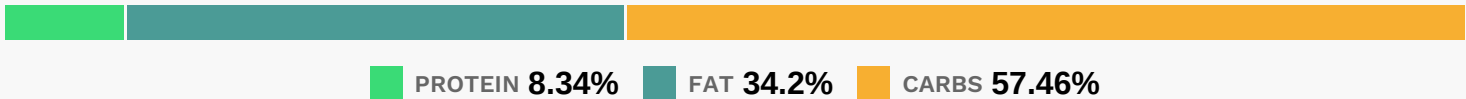
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a heavy, medium saucepan, combine the milk, rice, sugar, and orange zest. Scrape in the seeds from the vanilla bean and add the bean to the saucepan. Bring the milk to a boil, stirring occasionally. Reduce the heat to medium-low and simmer, stirring frequently, until the rice is tender and the mixture thickens, about 35 to 40 minutes.
- ☐ Remove the pan from the heat and discard the vanilla bean. Stir the cocoa powder and orange liqueur into the mixture.
- ☐ Add the chocolate chips and stir until melted. Allow the mixture to cool for 10 minutes, stirring occasionally.
- ☐ Spoon the rice pudding into serving bowls. Cover and refrigerate for 2 1/2 to 3 hours and up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:26.23, Inflammation Score:-5, Nutrition Score:10.749565280002%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 365.55kcal (18.28%), Fat: 13.84g (21.28%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 49.76g (18.1%), Sugar: 35.22g (39.14%), Cholesterol: 19.65mg (6.55%), Sodium: 60.92mg (2.65%), Alcohol: 0.73g (100%), Alcohol %: 0.43% (100%), Caffeine: 21.52mg (7.17%), Protein: 7.59g (15.19%), Manganese: 0.5mg (25.11%), Phosphorus: 233.19mg (23.32%), Calcium: 203.64mg (20.36%), Copper: 0.34mg (17.19%), Magnesium: 65.02mg (16.25%), Vitamin B12: 0.86µg (14.4%), Vitamin B2: 0.24mg (13.84%), Vitamin B1:

0.19mg (12.52%), Iron: 2.23mg (12.38%), Vitamin D: 1.68µg (11.18%), Potassium: 380.51mg (10.87%), Selenium: 7.52µg (10.74%), Fiber: 2.54g (10.15%), Folate: 38.81µg (9.7%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.85mg (8.54%), Vitamin B6: 0.13mg (6.53%), Vitamin B3: 1.06mg (5.28%), Vitamin A: 259.88IU (5.2%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.21mg (1.4%)