



Chocolate Risotto Pudding

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



1073 kcal

DESSERT

Ingredients

- 2 cups arborio rice
- 0.3 pound bittersweet chocolate chopped
- 4 tablespoons butter divided
- 1 piece chocolate white for garnish
- 2 tablespoons hazelnuts chopped
- 6 cups milk
- 1 cup sugar
- 2 vanilla beans split

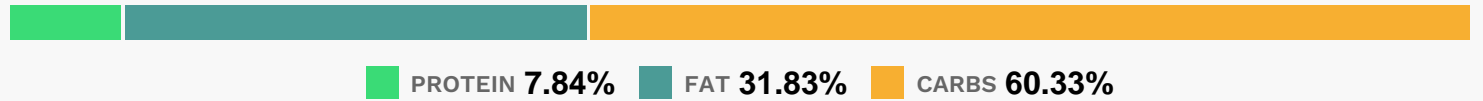
Equipment

sauce pan

Directions

- Bring the milk, sugar and vanilla beans to a bare simmer over low heat for 10 minutes to infuse vanilla flavor.
- Remove the bean pods and keep the milk hot.
- Heat 2 tablespoons of the butter in a large saucepan over moderate heat. Stir in the rice and cook, stirring until the rice is hot, about 2 minutes. Begin adding the hot milk 1 cup at a time, stirring often and adding more milk when the previous addition has been absorbed. Adjust heat to maintain a nice simmer. It will take about 20 minutes for the rice to become creamy and al dente. It is possible you may not need all of the milk.
- Remove the risotto from the heat and stir in the remaining butter, and chopped chocolate.
- Sprinkle with chopped hazelnuts, shave white chocolate over the top and serve.

Nutrition Facts



Properties

Glycemic Index:81.27, Glycemic Load:104.17, Inflammation Score:-9, Nutrition Score:30.914347850758%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 1073.25kcal (53.66%), Fat: 38.1g (58.62%), Saturated Fat: 20.66g (129.13%), Carbohydrates: 162.52g (54.17%), Net Carbohydrates: 156.97g (57.08%), Sugar: 78.28g (86.98%), Cholesterol: 75.77mg (25.26%), Sodium: 233.66mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 21.12g (42.25%), Manganese: 1.74mg (86.9%), Folate: 237.09µg (59.27%), Phosphorus: 556.67mg (55.67%), Vitamin B1: 0.81mg (54.14%), Calcium: 480.81mg (48.08%), Selenium: 25.01µg (35.72%), Iron: 6.29mg (34.92%), Vitamin B2: 0.59mg

(34.56%), Vitamin B12: 2.05µg (34.21%), Copper: 0.66mg (32.86%), Magnesium: 125.28mg (31.32%), Vitamin B5: 2.8mg (28%), Vitamin D: 4.03µg (26.84%), Vitamin B3: 4.83mg (24.16%), Potassium: 824.82mg (23.57%), Zinc: 3.49mg (23.29%), Fiber: 5.55g (22.21%), Vitamin B6: 0.43mg (21.63%), Vitamin A: 958.03IU (19.16%), Vitamin E: 1.43mg (9.52%), Vitamin K: 4.85µg (4.62%)