



Christmas Rice Pudding (Riskrem)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup almonds
- ☐ 1 quart milk
- ☐ 3 tablespoons lingonberry preserves
- ☐ 0.5 cup raspberries frozen thawed
- ☐ 1 teaspoon salt
- ☐ 0.5 cup caster sugar
- ☐ 2 cups whipping cream

☐ 0.8 cup rice long-grain white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 35
- ☐ In a 3- to 4-quart nonstick pan, simmer milk, rice, 1/2 cup sugar, and the salt, stirring often, until rice is tender to bite and mixture has thickened, about 30 minutes.
- ☐ Add almond extract.
- ☐ Pour into a large bowl and let cool to lukewarm, stirring occasionally, 15 to 20 minutes.
- ☐ Meanwhile, bake almonds in a 9-inch pie pan until golden under skins (break one to check), about 10 minutes. Reserve one almond (see note above); chop remaining.
- ☐ In a blender, whirl raspberries until smooth. Push pure through a fine wire strainer set over a bowl; discard seeds. Sweeten pure with sugar to taste (1 to 2 tablespoons).
- ☐ In a bowl, with a mixer on high speed, whip cream until soft peaks form. Fold whipped cream, the one whole almond, and the chopped almonds into cool rice mixture just until blended. Spoon into eight bowls.
- ☐ Shortly before serving, heat preserves in a microwave oven on full power (100%) just until hot. If mixture is too thick to pour, whisk in a little hot water.
- ☐ Drizzle preserves and raspberry sauce over pudding.

Nutrition Facts



 **PROTEIN 7.49%**  **FAT 57.21%**  **CARBS 35.3%**

Properties

Glycemic Index:32.53, Glycemic Load:22.16, Inflammation Score:-6, Nutrition Score:10.984347726988%

Flavonoids

Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg, Cyanidin: 3.65mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 461.92kcal (23.1%), Fat: 29.93g (46.05%), Saturated Fat: 16.26g (101.61%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 39.64g (14.41%), Sugar: 24.31g (27.01%), Cholesterol: 81.43mg (27.14%), Sodium: 355.28mg (15.45%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 8.82g (17.64%), Vitamin B2: 0.4mg (23.33%), Manganese: 0.45mg (22.67%), Phosphorus: 220.54mg (22.05%), Calcium: 217.38mg (21.74%), Vitamin A: 1068.85IU (21.38%), Vitamin E: 2.99mg (19.92%), Vitamin D: 2.25µg (15.02%), Vitamin B12: 0.73µg (12.23%), Magnesium: 48.81mg (12.2%), Selenium: 7.26µg (10.37%), Potassium: 337.2mg (9.63%), Vitamin B5: 0.84mg (8.37%), Copper: 0.15mg (7.67%), Fiber: 1.91g (7.65%), Zinc: 1.13mg (7.56%), Vitamin B1: 0.11mg (7.48%), Vitamin B6: 0.14mg (6.97%), Vitamin B3: 0.81mg (4.06%), Vitamin C: 2.98mg (3.61%), Iron: 0.63mg (3.49%), Vitamin K: 2.86µg (2.72%), Folate: 10.1µg (2.52%)