



Cinnamon Rice Pudding with Dried-Cherry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon almond extract
- 1 cup cherries dried
- 1 stick cinnamon (3-inch)
- 1 teaspoon cornstarch
- 1 teaspoon ground cinnamon
- 1.5 cups jasmine rice uncooked

- 1 teaspoon kosher salt
- 3 cups milk 2% reduced-fat
- 0.5 cup sugar
- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 1.5 cups water
- 6 cups water

Equipment

- frying pan
- sauce pan

Directions

- To prepare pudding, combine first 4 ingredients in a large, heavy saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until rice is tender.
- Drain.
- Return rice and cinnamon stick to pan; stir in milk, 1/2 cup sugar, and ground cinnamon. Bring to a simmer over medium heat, stirring constantly. Reduce heat to medium-low; cook 30 minutes or until thick, stirring frequently. Discard cinnamon stick.
- Remove from heat; stir in 1 teaspoon vanilla and 1/2 teaspoon almond extract.
- To prepare sauce, combine cherries and 1 1/2 cups water in a medium saucepan; bring to a boil. Reduce heat, and simmer 20 minutes. Stir in 2 tablespoons sugar; cook 5 minutes.
- Combine 1 tablespoon water and cornstarch.
- Add to cherry mixture; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly.
- Remove from heat; stir in 1/2 teaspoon vanilla and 1/4 teaspoon almond extract.
- Serve pudding with sauce.

Nutrition Facts



■ PROTEIN 9.13% ■ FAT 7.61% ■ CARBS 83.26%

Properties

Glycemic Index:29.17, Glycemic Load:28.05, Inflammation Score:-2, Nutrition Score:6.0804347732793%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 2.07g (3.19%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 49.92g (18.15%), Sugar: 22.35g (24.84%), Cholesterol: 7.08mg (2.36%), Sodium: 345.55mg (15.02%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 5.61g (11.21%), Manganese: 0.53mg (26.3%), Calcium: 132.22mg (13.22%), Phosphorus: 125.47mg (12.55%), Vitamin B2: 0.19mg (11.22%), Selenium: 7.57µg (10.82%), Vitamin B12: 0.47µg (7.82%), Vitamin B5: 0.7mg (7.04%), Copper: 0.13mg (6.62%), Potassium: 207.09mg (5.92%), Magnesium: 23.1mg (5.78%), Zinc: 0.85mg (5.69%), Vitamin B6: 0.1mg (5.02%), Fiber: 1.18g (4.72%), Vitamin B1: 0.06mg (4.25%), Vitamin B3: 0.68mg (3.38%), Iron: 0.43mg (2.37%), Vitamin A: 103.34IU (2.07%), Folate: 7.93µg (1.98%), Vitamin C: 1.41mg (1.71%)