



## Creamy Apple-Amaretto Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

### Ingredients

- 2 tablespoons amaretto
- 0.3 cup apple cider
- 3 winesap apples peeled cut into quarters ( 1 pound)
- 0.8 cup arborio rice uncooked
- 2 large eggs
- 0.1 teaspoon ground nutmeg
- 5 cups milk 2% reduced-fat
- 0.1 teaspoon salt

- 0.8 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- blender

## Directions

- Combine the apples and cider in a medium, heavy saucepan. Bring to a boil, stirring frequently. Cover, reduce heat to medium, and cook 20 minutes or until apples are very soft. Spoon apple mixture into a small bowl; cool.
- Combine milk, sugar, and salt in pan; bring to a simmer.
- Add rice and nutmeg; stir well. Reduce heat, and simmer 40 minutes or until rice is tender, stirring occasionally.
- Combine apple mixture, amaretto, vanilla, and eggs in a blender or food processor; process until smooth. Stir egg mixture into rice mixture; cook until thick (about 5 minutes), stirring constantly (do not boil). Spoon rice mixture into a large bowl; cover and chill 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:36.86, Glycemic Load:27.66, Inflammation Score:-4, Nutrition Score:9.0004346733508%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg,  
Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg  
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.78mg, Quercetin:  
2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## **Nutrients (% of daily need)**

Calories: 282.97kcal (14.15%), Fat: 4.42g (6.79%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 52.22g (17.41%), Net  
Carbohydrates: 50.04g (18.2%), Sugar: 35.31g (39.23%), Cholesterol: 58.3mg (19.43%), Sodium: 125.11mg (5.44%),  
Alcohol: 1.15g (100%), Alcohol %: 0.52% (100%), Protein: 7.85g (15.7%), Vitamin B2: 0.36mg (21.32%), Calcium:  
189.61mg (18.96%), Phosphorus: 186.61mg (18.66%), Selenium: 10.49µg (14.98%), Vitamin B12: 0.89µg (14.88%),  
Folate: 58.63µg (14.66%), Manganese: 0.25mg (12.57%), Vitamin B1: 0.18mg (12.13%), Vitamin B5: 1mg (10.03%),  
Potassium: 320.83mg (9.17%), Fiber: 2.18g (8.74%), Zinc: 1.11mg (7.39%), Vitamin B6: 0.14mg (6.94%), Magnesium:  
26.05mg (6.51%), Iron: 1.15mg (6.36%), Vitamin A: 254.91IU (5.1%), Vitamin B3: 0.99mg (4.96%), Vitamin C: 3.5mg  
(4.24%), Copper: 0.08mg (4%), Vitamin E: 0.3mg (1.99%), Vitamin K: 1.83µg (1.75%), Vitamin D: 0.25µg (1.67%)