



Creamy Apricot Rice Pudding

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



406 kcal

DESSERT

Ingredients

- 1 cup apricots dried diced
- 1 eggs
- 0.5 teaspoon ground cardamom
- 2 cups milk divided
- 4 servings nutmeg freshly grated for serving
- 1 orange zest
- 0.3 teaspoon sea salt fine
- 0.8 cup short grain rice white uncooked

- 0.3 cup sugar
- 1 tablespoon butter unsalted
- 0.5 teaspoon vanilla extract

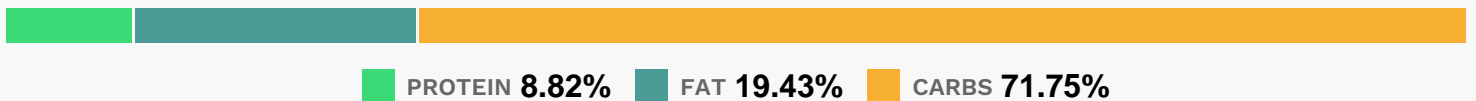
Equipment

- bowl
- frying pan
- sauce pan
- stove

Directions

- Bring 1 1/2 cups water to a boil over high heat in a saucepan. Stir in your rice. Then, turn down the heat, cover the pan and let simmer for 20 minutes.
- When the rice is done, put it in a clean saucepan with 1 1/2 cups milk, the sugar and salt. Cook this over medium heat, giving it a stir every once in awhile, until it thickens up and gets creamy, 15 to 20 minutes. Crack your egg into a small bowl and beat it with the remaining 1/2 cup milk. Slowly stir this mixture into the rice. Stir in your diced apricots and cook 2 minutes more. Take off the stove and stir in your butter, vanilla, orange zest, and cardamom. Grate some nutmeg over top.

Nutrition Facts



Properties

Glycemic Index:74.62, Glycemic Load:43.68, Inflammation Score:-8, Nutrition Score:14.613478240759%

Nutrients (% of daily need)

Calories: 406.39kcal (20.32%), Fat: 8.95g (13.77%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 74.38g (24.79%), Net Carbohydrates: 70.15g (25.51%), Sugar: 40.53g (45.04%), Cholesterol: 63.08mg (21.03%), Sodium: 212mg (9.22%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 9.15g (18.29%), Vitamin A: 1530.45IU (30.61%), Manganese: 0.6mg (30.18%), Folate: 97.57µg (24.39%), Phosphorus: 209.9mg (20.99%), Vitamin B1: 0.3mg (20.05%), Calcium: 185.84mg (18.58%), Potassium: 621.78mg (17.77%), Selenium: 12.27µg (17.53%), Fiber: 4.23g (16.91%), Vitamin B2: 0.27mg (15.87%), Iron: 2.77mg (15.41%), Vitamin B5: 1.29mg (12.93%), Vitamin B3: 2.58mg

(12.9%), Vitamin B12: 0.76µg (12.71%), Copper: 0.23mg (11.29%), Vitamin E: 1.67mg (11.15%), Vitamin D: 1.61µg (10.76%), Vitamin B6: 0.21mg (10.65%), Magnesium: 40.01mg (10%), Zinc: 1.26mg (8.38%), Vitamin C: 4.52mg (5.48%), Vitamin K: 1.65µg (1.57%)