



Creamy Earl Grey Rice Pudding



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave syrup blue
- ☐ 0.8 cup rice
- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 0.7 cup golden raisins
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup skim milk
- ☐ 1 earl grey tea bag

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups water

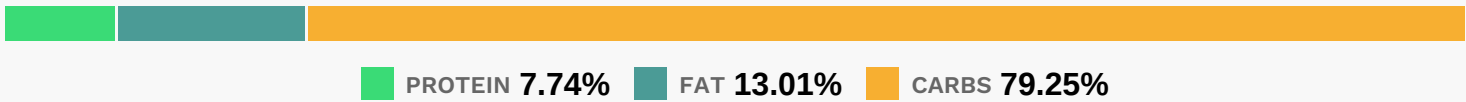
Equipment

- ☐ sauce pan

Directions

- ☐ Combine water and tea bag in a saucepan. Bring water to a boil.
- ☐ Remove and discard the tea bag. Stir rice into boiling water, reduce heat to low, cover the saucepan, and cook until the moisture is absorbed into the rice and the rice is tender, about 20 minutes.
- ☐ Transfer the cooked rice to a clean saucepan.
- ☐ Pour 1 cup skim milk and agave syrup over the cooked rice; season with kosher salt.
- ☐ Place the saucepan over medium heat; cook and stir until the mixture is thick and creamy, 15 to 20 minutes. Stir 1/2 cup milk, egg, and raisins into the rice mixture; simmer another 2 minutes while stirring.
- ☐ Remove from heat. Stir butter and vanilla extract into the rice mixture until the butter melts.

Nutrition Facts



Properties

Glycemic Index:54.03, Glycemic Load:29.1, Inflammation Score:-2, Nutrition Score:6.9004348360974%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate:
0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
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Epigallocatechin 3-gallate: 0.02mg Thearubigins: 0.2mg, Thearubigins: 0.2mg, Thearubigins: 0.2mg, Thearubigins:
0.2mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 0.59mg,
Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 294.9kcal (14.74%), Fat: 4.31g (6.63%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 57.65g (20.96%), Sugar: 25.35g (28.16%), Cholesterol: 49.36mg (16.45%), Sodium: 205.7mg (8.94%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.77g (11.54%), Manganese: 0.46mg (22.93%), Selenium: 9.67µg (13.81%), Phosphorus: 123.24mg (12.32%), Vitamin B2: 0.18mg (10.47%), Vitamin B6: 0.2mg (10.19%), Copper: 0.19mg (9.43%), Potassium: 288.75mg (8.25%), Calcium: 72.89mg (7.29%), Vitamin B5: 0.67mg (6.68%), Magnesium: 23.29mg (5.82%), Fiber: 1.45g (5.78%), Iron: 0.92mg (5.1%), Zinc: 0.75mg (5%), Vitamin B3: 0.97mg (4.87%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.06mg (4.32%), Vitamin A: 209.34IU (4.19%), Vitamin K: 4.25µg (4.05%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.56µg (3.71%), Folate: 13.52µg (3.38%), Vitamin E: 0.4mg (2.66%)