



Creamy Rice Pudding with a Boozy Berry Compote

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.5 stick cinnamon
- ☐ 200 g cup blueberries
- ☐ 1.5 pints/ 3 cups semi-skimmed milk
- ☐ 3 tbsp caster sugar
- ☐ 1.5 tsp vanilla extract
- ☐ 250 ml cup red wine

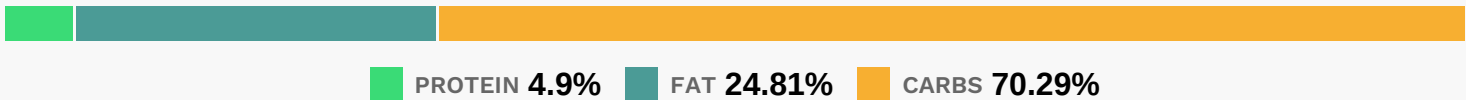
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Make the berry compote first.
- ☐ Pour the wine, sugar and cinnamon in a small pot and heat gently until the sugar has dissolved.
- ☐ Add the blueberries (I reserve a few to pop on top of the compote before serving) and bring to the boil. Reduce to a simmer for about 20 minutes until the blueberries are soft. Spoon the berries into a bowl and continue simmering the wine until it has reduced by half.
- ☐ Let it cool a little and then remove the cinnamon stick and pour the berries back in.
- ☐ While the berries are simmering away, start on the rice pudding.
- ☐ Pour the rice into a large pan, along with the milk and sugar. Bring to the boil, then turn the heat down low and cook until the rice is creamy and tender. This should take about 10–15 minutes. Make sure you stir it regularly, so it doesn't stick. Stir in the vanilla.
- ☐ Serve the creamy rice in bowls and top with berry compote.
- ☐ Marvel at the joyous pudding you have just made. Eat some and then go back for seconds.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:6.54, Inflammation Score:-3, Nutrition Score:3.8600000084742%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.4mg,

Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 272.85kcal (13.64%), Fat: 6.24g (9.6%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 39.16g (14.24%), Sugar: 27.35g (30.39%), Cholesterol: 1.03mg (0.34%), Sodium: 166.49mg (7.24%), Alcohol: 7.26g (100%), Alcohol %: 7.38% (100%), Protein: 2.78g (5.55%), Manganese: 0.26mg (13.13%), Selenium: 6.7µg (9.58%), Vitamin B2: 0.14mg (8.51%), Calcium: 75.17mg (7.52%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 61.8mg (6.18%), Iron: 1.09mg (6.08%), Folate: 19.68µg (4.92%), Vitamin B3: 0.92mg (4.61%), Potassium: 132.94mg (3.8%), Magnesium: 14.1mg (3.53%), Vitamin K: 2.94µg (2.8%), Fiber: 0.63g (2.53%), Vitamin B6: 0.05mg (2.39%), Copper: 0.04mg (1.99%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.11mg (1.14%)