



WHATSheATE



Creamy Rice Pudding with Brandied Cherry Sauce



Vegetarian



Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cherries unsweetened red frozen (from 1-lb bag)
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs beaten
- ☐ 4 cups milk
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons orange juice
- ☐ 0.8 cup rice long-grain uncooked

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup whipping cream (heavy)

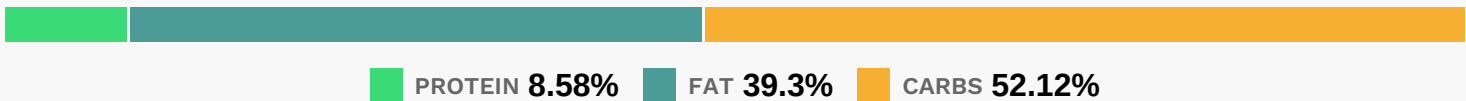
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ In 2-quart saucepan, heat milk, rice, 1/3 cup sugar and the salt to boiling over medium-high heat. Reduce heat to medium-low. Simmer uncovered 40 to 45 minutes, stirring frequently, until rice is tender and mixture is thickened.
- ☐ Stir a small amount of the hot rice mixture into eggs, then stir eggs back into mixture in saucepan. Continue cooking over medium heat about 3 minutes, stirring constantly, until heated through. Cool 45 minutes, stirring occasionally.
- ☐ In chilled large serving bowl, beat whipping cream and vanilla with electric mixer on high speed until thickened. Fold in cooled rice mixture. Cover and refrigerate at least 3 hours until well chilled.
- ☐ In 1-quart saucepan, mix 1/2 cup sugar and the cornstarch. Stir in orange juice and frozen cherries.
- ☐ Heat over medium-high heat, stirring frequently, until mixture boils and thickens slightly. Stir in brandy.
- ☐ Serve sauce warm or chilled with pudding.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:26.48, Inflammation Score:-5, Nutrition Score:8.60304339554%

Flavonoids

Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 360.54kcal (18.03%), Fat: 15.95g (24.53%), Saturated Fat: 9.5g (59.38%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 46.8g (17.02%), Sugar: 31.97g (35.53%), Cholesterol: 89.18mg (29.73%), Sodium: 144.01mg (6.26%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 7.83g (15.66%), Phosphorus: 189.83mg (18.98%), Calcium: 185.72mg (18.57%), Vitamin B2: 0.3mg (17.63%), Vitamin A: 734.92IU (14.7%), Vitamin D: 2.04µg (13.59%), Vitamin B12: 0.8µg (13.41%), Selenium: 9.37µg (13.39%), Manganese: 0.22mg (10.97%), Vitamin C: 7.99mg (9.68%), Vitamin B5: 0.95mg (9.5%), Potassium: 329.03mg (9.4%), Vitamin B6: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.24%), Magnesium: 26.64mg (6.66%), Zinc: 0.93mg (6.2%), Copper: 0.07mg (3.69%), Vitamin E: 0.49mg (3.28%), Fiber: 0.8g (3.21%), Folate: 12.38µg (3.1%), Iron: 0.49mg (2.75%), Vitamin B3: 0.52mg (2.61%), Vitamin K: 1.92µg (1.83%)