



Creamy Rice Pudding with Dried Cherries



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cherries dried
- ☐ 2 tablespoons honey
- ☐ 0.8 cup jasmine rice uncooked
- ☐ 0.8 cup coconut milk light
- ☐ 3.3 cups milk 2% reduced-fat
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 3 inch vanilla pod split
- ☐ 1.5 cups water

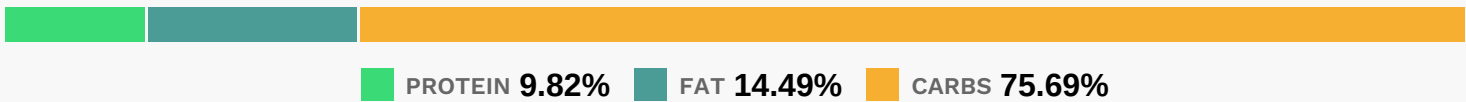
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan. Bring to a boil; cover, reduce heat, and simmer 13 minutes or until liquid is absorbed.
- ☐ Meanwhile, combine cherries and orange juice in a small microwave-safe bowl. Microwave at HIGH 2 minutes or until hot.
- ☐ Let stand.
- ☐ Stir reduced-fat milk and next 4 ingredients into rice. Scrape seeds from vanilla bean; stir seeds and vanilla bean into milk mixture.
- ☐ Cook over medium heat, stirring frequently, 30 minutes or until mixture is thick and creamy (mixture will look like cooked oatmeal or cream of wheat).
- ☐ Remove and discard vanilla bean.
- ☐ Drain cherries, if needed. Stir into pudding.
- ☐ Serve warm or chilled.
- ☐ Note: Overcooking the pudding will cause it to become thick and solidify. Cook pudding to a cooked cereal (oatmeal, cream of wheat) consistency.

Nutrition Facts



Properties

Glycemic Index:23.55, Glycemic Load:13.79, Inflammation Score:-3, Nutrition Score:4.2530435148789%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 167.17kcal (8.36%), Fat: 2.66g (4.09%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 30.43g (11.06%), Sugar: 18.27g (20.31%), Cholesterol: 6.14mg (2.05%), Sodium: 110.56mg (4.81%), Alcohol: 0.26g (100%), Alcohol %: 0.19% (100%), Protein: 4.05g (8.1%), Calcium: 104.57mg (10.46%), Vitamin B2: 0.16mg (9.19%), Phosphorus: 88.88mg (8.89%), Manganese: 0.17mg (8.45%), Vitamin C: 6.65mg (8.06%), Vitamin B12: 0.41µg (6.78%), Vitamin A: 319.03IU (6.38%), Selenium: 4.1µg (5.86%), Vitamin B5: 0.44mg (4.41%), Potassium: 152.02mg (4.34%), Zinc: 0.54mg (3.6%), Magnesium: 13.85mg (3.46%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.81g (3.22%), Vitamin B6: 0.06mg (2.92%), Copper: 0.05mg (2.45%), Folate: 8.81µg (2.2%), Vitamin B3: 0.35mg (1.76%), Iron: 0.27mg (1.52%)