



Creamy Rice Pudding With Praline Sauce



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 20 caramels
- ☐ 4 egg yolks beaten
- ☐ 2.8 cups half-and-half divided
- ☐ 2 cups milk
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 cup mahatma extra rice long-grain white uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

☐ 1.5 teaspoons vanilla extract

Equipment

☐ sauce pan

☐ whisk

Directions

☐ Stir together first 3 ingredients and 2 cups half-and-half in a large saucepan. Cover and cook over medium-low heat, stirring often, 35 to 40 minutes or until rice is tender.

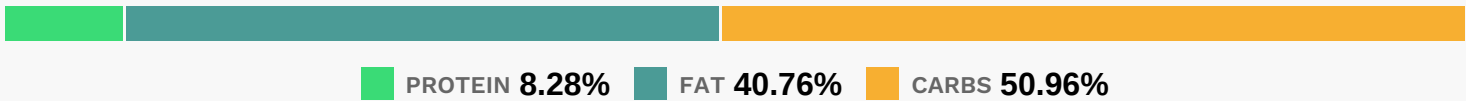
☐ Whisk together egg yolks, 1/2 cup half-and-half, and sugar. Gradually stir about one-fourth of hot rice mixture into yolk mixture; stir yolk mixture into remaining hot mixture. Cook over medium-low heat, stirring constantly, until mixture reaches 160 and is thickened and bubbly (about 7 minutes).

☐ Remove from heat; stir in vanilla.

☐ Stir together caramels and remaining 1/4 cup half-and-half in a small saucepan over medium-low heat until smooth. Stir in pecans.

☐ Serve over rice pudding.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:33.48, Inflammation Score:-4, Nutrition Score:10.195217381353%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 447.5kcal (22.38%), Fat: 20.58g (31.66%), Saturated Fat: 8.89g (55.54%), Carbohydrates: 57.89g (19.3%), Net Carbohydrates: 57g (20.73%), Sugar: 35.64g (39.6%), Cholesterol: 135.39mg (45.13%), Sodium: 286.19mg (12.44%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 9.4g (18.8%), Manganese: 0.54mg (27.18%), Phosphorus: 248.02mg (24.8%), Vitamin B2: 0.38mg (22.33%), Calcium: 221.25mg (22.13%), Selenium: 13.11µg (18.73%), Vitamin B12: 0.74µg (12.3%), Vitamin B5: 1.18mg (11.8%), Vitamin A: 537.05IU (10.74%), Vitamin B1: 0.16mg (10.52%), Zinc: 1.43mg (9.51%), Potassium: 317.97mg (9.08%), Vitamin B6: 0.18mg (8.77%), Magnesium: 33.7mg (8.43%), Vitamin D: 1.16µg (7.71%), Copper: 0.15mg (7.31%), Folate: 19.85µg (4.96%), Vitamin E: 0.7mg (4.65%), Iron: 0.67mg (3.73%), Fiber: 0.89g (3.58%), Vitamin B3: 0.64mg (3.2%), Vitamin K: 2.02µg (1.92%), Vitamin C: 0.92mg (1.11%)