



Creamy rice pudding with stewed plums



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



858 kcal

DESSERT

Ingredients

- ☐ 200 ml port wine
- ☐ 200 ml red wine
- ☐ 1 cinnamon sticks
- ☐ 1 star anise
- ☐ 100 g clear honey
- ☐ 2 orange zest
- ☐ 500 g plums pitted halved
- ☐ 1 l milk

- ☐ 250 ml double cream
- ☐ 1 vanilla pod split
- ☐ 100 g sugar
- ☐ 200 g rice
- ☐ 50 g butter salted
- ☐ 250 g mascarpone cheese

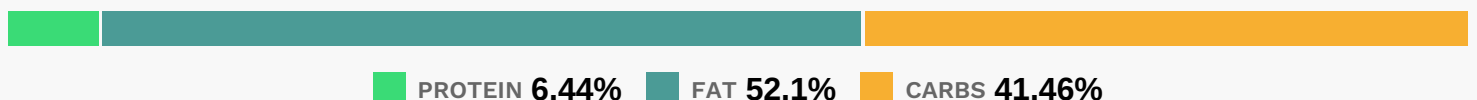
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Bring the Port and wine to the boil in a pan, with the cinnamon and star anise. Reduce by half, then add the honey, orange zest and juice.
- ☐ Pour the liquid over plum halves in a roasting tin, cover with wet baking parchment and very gently poach in the oven for 30 mins until soft but not exploding. Allow to cool in the liquid, gently removing the skins if you like, but its not necessary.
- ☐ Meanwhile, make the rice pudding.
- ☐ Put the milk, cream, vanilla pod, cinnamon stick and sugar in a pan. Bring to the boil, then remove from the heat and leave to infuse for 1 min.
- ☐ Place pan back on the heat, pour in the rice and stir. Simmer for 40 mins, stirring frequently, until the rice is soft.
- ☐ Remove from heat and keep warm. When ready to serve, remove vanilla pod and cinnamon. Stir in the butter and mascarpone. Spoon into large coffee cups or bowls and top with some of the stewed plums.

Nutrition Facts



Properties

Glycemic Index:55.87, Glycemic Load:41.26, Inflammation Score:-8, Nutrition Score:14.641304244166%

Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2mg, Delphinidin: 2mg, Delphinidin: 2mg, Delphinidin: 2mg Malvidin: 36.75mg, Malvidin: 36.75mg, Malvidin: 36.75mg, Malvidin: 36.75mg Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg Catechin: 8.16mg, Catechin: 8.16mg, Catechin: 8.16mg, Catechin: 8.16mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg Epicatechin 3-gallate: 0.64mg, Epicatechin 3-gallate: 0.64mg, Epicatechin 3-gallate: 0.64mg, Epicatechin 3-gallate: 0.64mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 858.41kcal (42.92%), Fat: 46.81g (72.02%), Saturated Fat: 28.87g (180.41%), Carbohydrates: 83.82g (27.94%), Net Carbohydrates: 81.42g (29.61%), Sugar: 50.97g (56.64%), Cholesterol: 127.57mg (42.52%), Sodium: 160.24mg (6.97%), Alcohol: 8.76g (100%), Alcohol %: 2.28% (100%), Protein: 13.03g (26.06%), Vitamin A: 1993.41IU (39.87%), Calcium: 333.69mg (33.37%), Manganese: 0.62mg (30.89%), Phosphorus: 265.02mg (26.5%), Vitamin B2: 0.39mg (22.78%), Vitamin D: 2.56µg (17.08%), Vitamin B12: 1.01µg (16.82%), Vitamin C: 13.75mg (16.67%), Potassium: 565.27mg (16.15%), Selenium: 10.18µg (14.54%), Vitamin B5: 1.26mg (12.63%), Magnesium: 46.84mg (11.71%), Vitamin B6: 0.23mg (11.55%), Vitamin B1: 0.17mg (11%), Fiber: 2.39g (9.57%), Zinc: 1.4mg (9.32%), Copper: 0.16mg (8.02%), Vitamin K: 8.12µg (7.74%), Vitamin B3: 1.31mg (6.54%), Vitamin E: 0.94mg (6.28%), Iron: 0.91mg (5.05%), Folate: 10.68µg (2.67%)