



Dreamy Chai Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

DESSERT

Ingredients

- 1 cup rice long grain (I used rice)
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- 4 cups milk whole
- 1 cup freshly tea english brewed (I used Twinings Breakfast and left the tea left to brew fminutes)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 3 snow peas whole
- 1 star anise whole

- 6 cloves
- 1 teaspoon vanilla essence (or 1 vanilla bean)
- 0.3 cup brown sugar
- 0.3 cup brown sugar

Equipment

- bowl
- sauce pan

Directions

- Put milk, tea, rice and all spices in a small saucepan and bring to boil. The turn down and simmer for around 20 minutes, stirring occasionally.
- Add sugar and turn heat back up to high. Cook for three to four minutes, stirring all the time as the pudding thickens.
- Serve in individual bowls. If you wish, you can pick out the spices before serving (use a spoon as the pudding will be very hot) but I figure most people can cope with minor details like that.

Nutrition Facts



PROTEIN 10% **FAT 12.99%** **CARBS 77.01%**

Properties

Glycemic Index:42.59, Glycemic Load:48.85, Inflammation Score:-6, Nutrition Score:16.736956521739%

Flavonoids

Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg

Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg
Galocatechin: 0.74mg, Galocatechin: 0.74mg, Galocatechin: 0.74mg, Galocatechin: 0.74mg

Taste

Sweetness: 100%, Saltiness: 42.74%, Sourness: 29.79%, Bitterness: 53.48%, Savoriness: 36.25%, Fattiness: 55.46%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 596.88kcal (29.84%), Fat: 8.53g (13.12%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 113.77g (37.92%),
Net Carbohydrates: 112.07g (40.75%), Sugar: 38.71g (43.02%), Cholesterol: 29.28mg (9.76%), Sodium: 107.99mg
(4.7%), Alcohol: 0.34g (1.91%), Caffeine: 11.8mg (3.93%), Protein: 14.78g (29.56%), Manganese: 1.61mg (80.35%),
Calcium: 358.37mg (35.84%), Phosphorus: 357.53mg (35.75%), Selenium: 19.27µg (27.52%), Vitamin B2: 0.39mg
(23.19%), Vitamin B12: 1.32µg (21.96%), Vitamin B5: 1.9mg (19.05%), Vitamin D: 2.68µg (17.89%), Vitamin B6: 0.32mg
(16%), Potassium: 549.18mg (15.69%), Magnesium: 59.52mg (14.88%), Zinc: 2.08mg (13.86%), Vitamin B1: 0.2mg
(13.62%), Copper: 0.23mg (11.68%), Vitamin B3: 1.84mg (9.21%), Vitamin A: 406.32IU (8.13%), Iron: 1.23mg (6.85%),
Fiber: 1.7g (6.78%), Folate: 11.14µg (2.78%), Vitamin E: 0.26mg (1.76%), Vitamin K: 1.6µg (1.52%)