

Dried Cherry and Raisin Rice Pudding



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cherries dried
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.3 cup golden raisins
- ☐ 0.1 teaspoon ground cardamom
- ☐ 3 cups fat milk 1%
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1 teaspoon vanilla
- ☐ 1 cup water
- ☐ 0.5 cup rice long-grain white

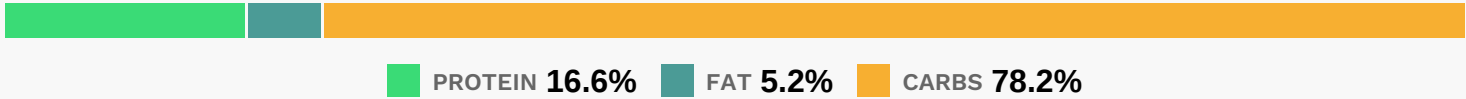
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ kitchen thermometer
- ☐ wax paper

Directions

- ☐ Bring water with salt to a boil in a 2-quart heavy saucepan and stir in rice. Cover pan and reduce heat to low, then cook until water is absorbed, about 15 minutes. Stir in milk and sugar and cook over very low heat, covered, until mixture resembles a thick soup, 50 minutes to 1 hour.
- ☐ Whisk together egg, egg whites, vanilla, cardamom, and a pinch of salt.
- ☐ Whisk about 1 cup hot rice mixture into egg mixture, then stir mixture into remaining rice. Cook over low heat (do not let boil), whisking constantly, until an instant-read thermometer registers 170°F, 1 to 2 minutes.
- ☐ Remove from heat and stir in raisins and cherries.
- ☐ Transfer pudding to a 2-quart dish or 6 (8-ounce) ramekins and chill, its surface covered with wax paper, until cool but not cold, 1 to 2 hours.
- ☐ Each serving contains about 192 calories and 2 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:41.37, Glycemic Load:20.85, Inflammation Score:-3, Nutrition Score:7.1517391632433%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 189.54kcal (9.48%), Fat: 1.1g (1.7%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 36.57g (13.3%), Sugar: 23.24g (25.82%), Cholesterol: 34.67mg (11.56%), Sodium: 181.1mg (7.87%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 7.91g (15.82%), Calcium: 178.31mg (17.83%), Phosphorus: 177.94mg (17.79%), Vitamin B2: 0.28mg (16.18%), Selenium: 9.66µg (13.8%), Vitamin B12: 0.79µg (13.24%), Manganese: 0.22mg (10.95%), Vitamin D: 1.51µg (10.09%), Potassium: 330.54mg (9.44%), Vitamin B5: 0.77mg (7.69%), Vitamin B6: 0.14mg (7.05%), Magnesium: 25mg (6.25%), Vitamin A: 299.81IU (6%), Zinc: 0.87mg (5.8%), Vitamin B1: 0.09mg (5.74%), Copper: 0.09mg (4.33%), Fiber: 0.7g (2.78%), Vitamin B3: 0.52mg (2.58%), Iron: 0.46mg (2.57%), Folate: 8.59µg (2.15%)