



WHATSheATE



Eight-Treasure Puddings



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons candied orange peel diced ()
- ☐ 3 tablespoons cherries dried sour
- ☐ 8 large apricot dried cut into 1/4-inch-thick strips (1/3 cup)
- ☐ 0.3 cup jujube candies dried chinese pitted cut lengthwise into 1/4-inch-thick strips
- ☐ 0.3 cup prune- cut to pieces pitted quartered
- ☐ 8 teaspoons korean black bean paste sweet red canned (from a 14- to 16-oz can)
- ☐ 2.3 cups short grain rice chinese ("sweet")
- ☐ 0.5 cup sugar chinese

- ☐ 1 teaspoon vegetable oil for greasing
- ☐ 8 walnut halves
- ☐ 3.5 cups water cold

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ roasting pan
- ☐ cake form
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave
- ☐ measuring spoon

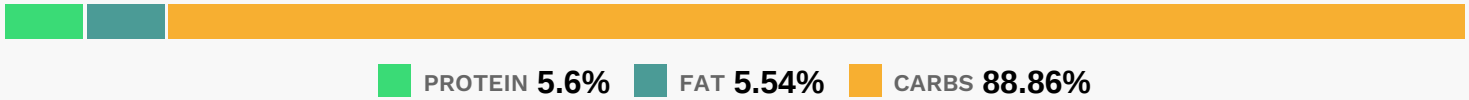
Directions

- ☐ Rinse rice in a large sieve under cold running water until water runs clear, then drain.
- ☐ Combine rice, oil, and 2 cups cold water in cake pan.
- ☐ Put 1/2 inch of water in a 12-inch-wide pot or deep skillet. Set a metal rack (or a few metal cookie cutters) in bottom of pot, then set cake pan (with rice) on rack and bring water to a boil. Cover pot and steam over high heat, checking water level occasionally and adding more water if necessary, until rice is cooked, about 40 minutes. Carefully remove pan and cool to room temperature.
- ☐ Meanwhile, bring remaining 1 1/2 cups cold water to a boil in a 2-quart heavy saucepan with rock sugar, jujubes, prunes, apricots, cherries, and orange peel, then reduce heat and simmer, covered, until fruit is very soft and liquid is reduced to 3/4 cup, about 45 minutes. Stir in

walnuts and simmer 1 minute. Immediately drain in a medium-mesh sieve set over a bowl, reserving syrup and fruit separately.

- ☐ Remove walnuts from fruit and set aside.
- ☐ Put oven rack in middle position and preheat oven to 350°F. 3Lightly oil custard cups and a 1/3-cup measure. Put 1 walnut half in bottom of each cup, then spoon 2 tablespoons mixed fruit (per cup) on top, spreading evenly around bottom of each cup.
- ☐ Drizzle 1 teaspoon reserved fruit syrup over fruit in each cup, then press 1/3 cup rice (per cup) on top of fruit with dampened fingertips. Using your fingertips or back of a small spoon, make a small indentation in rice and fill with 1 teaspoon red beans (per cup), leaving at least a 1/2-inch border of rice.
- ☐ Drizzle 1 teaspoon fruit syrup over each rice pudding, then cover with 2 tablespoons rice (dip measuring spoon in water before measuring rice to prevent sticking). Using a small piece of plastic wrap, press rice in cups to flatten surface. Discard wrap.
- ☐ Arrange cups in roasting pan. Oil a sheet of heavy-duty foil, then cover pan with foil (oiled side down) and seal tightly.
- ☐ Bake in a water bath 1 hour, then let stand, covered, 5 minutes. Run a knife around edge of each cup to loosen rice, then invert each pudding onto a dish.
- ☐ Drizzle with remaining fruit syrup.
- ☐ Puddings can be cooked (but not unmolded) 3 days ahead and cooled completely, uncovered, then chilled (chill remaining fruit syrup separately), covered with plastic wrap. Reheat puddings in a shallow roasting pan, covered with foil, in a preheated 400°F oven until centers are warm, about 15 minutes (or reheat in a microwave instead). Bring remaining fruit syrup to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:48.09, Inflammation Score:-7, Nutrition Score:10.165217306303%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 2.38g (3.66%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 85.89g (28.63%), Net Carbohydrates: 82.32g (29.94%), Sugar: 29.29g (32.55%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.73mg (36.44%), Folate: 132.99µg (33.25%), Vitamin B1: 0.35mg (23.35%), Iron: 3.07mg (17.06%), Fiber: 3.57g (14.28%), Vitamin B3: 2.73mg (13.64%), Selenium: 8.9µg (12.71%), Copper: 0.24mg (12.15%), Vitamin A: 546.08IU (10.92%), Phosphorus: 81.18mg (8.12%), Vitamin B5: 0.81mg (8.07%), Potassium: 253.14mg (7.23%), Vitamin B6: 0.13mg (6.66%), Magnesium: 26.53mg (6.63%), Vitamin K: 5.67µg (5.4%), Zinc: 0.78mg (5.18%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.44mg (2.93%), Calcium: 29.2mg (2.92%), Vitamin C: 1.43mg (1.73%)