



## Eight-Treasure Rice Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup almond butter
- ☐ 1 tablespoon almonds chopped
- ☐ 0.3 cup cherries dried
- ☐ 3 cups glutinous rice hot divided cooked
- ☐ 0.3 cup pineapple dried chopped
- ☐ 0.3 cup grapes green seedless halved
- ☐ 0.5 cup mangos peeled chopped
- ☐ 0.3 cup maple syrup divided

- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water

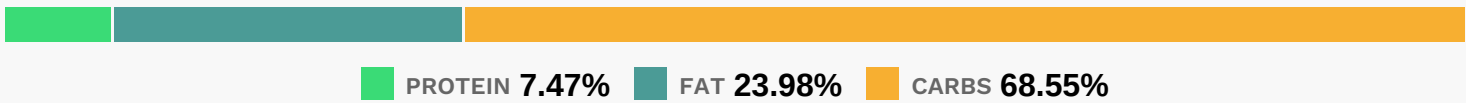
## Equipment

- ☐ bowl
- ☐ wok
- ☐ spatula
- ☐ oven mitt

## Directions

- ☐ Combine first 5 ingredients; arrange half of fruit mixture in an 8-inch glass bowl coated with cooking spray.
- ☐ Sprinkle salt over rice, and toss to combine.
- ☐ Spread half of rice over fruit mixture, pressing firmly with a spatula to pack.
- ☐ Spread almond butter over rice; drizzle with 2 tablespoons syrup. Top with remaining fruit mixture.
- ☐ Spread remaining rice over fruit mixture, pressing firmly with a spatula to pack.
- ☐ Drizzle with remaining 2 tablespoons syrup.
- ☐ Open a small metal vegetable steamer; place steamer upside down in a large, deep wok.
- ☐ Add water; bring to a simmer. Wearing oven mitts, carefully place the bowl on top of inverted steamer. Cover and cook 5 minutes or until thoroughly heated. Wearing oven mitts, carefully remove bowl from wok.
- ☐ Place a plate upside down on top of bowl; invert pudding onto plate.
- ☐ Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:37.51, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:8.1117389824079%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 250.52kcal (12.53%), Fat: 6.88g (10.59%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 41.16g (14.97%), Sugar: 17.29g (19.21%), Cholesterol: 0mg (0%), Sodium: 113.04mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Manganese: 0.83mg (41.51%), Vitamin E: 3.12mg (20.82%), Vitamin B2: 0.32mg (18.88%), Fiber: 3.12g (12.48%), Magnesium: 46.57mg (11.64%), Copper: 0.23mg (11.37%), Vitamin C: 6.89mg (8.35%), Phosphorus: 76.82mg (7.68%), Selenium: 5.32µg (7.59%), Calcium: 69.54mg (6.95%), Potassium: 226.77mg (6.48%), Zinc: 0.89mg (5.95%), Iron: 0.9mg (4.99%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.07mg (3.58%), Folate: 13.57µg (3.39%), Vitamin B1: 0.05mg (3.36%), Vitamin A: 156.73IU (3.13%), Vitamin B5: 0.27mg (2.72%), Vitamin K: 1.62µg (1.54%)