



Funked Out Rice Pudding

 Gluten Free

READY IN



115 min.

SERVINGS



4

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 0.5 cup arborio rice
- ☐ 0.5 cup cherries dried plus more, for garnish
- ☐ 4 egg yolks
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 4 cups milk
- ☐ 0.3 cup powdered sugar
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

☐ 0.3 cup chocolate chips white plus more, for garnish

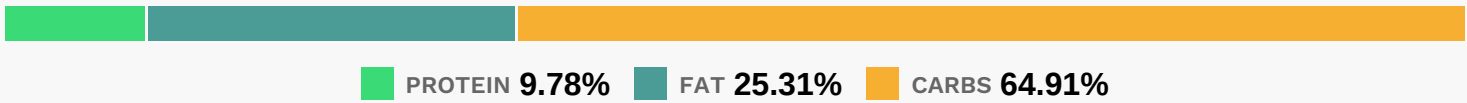
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, combine the milk, sugar, vanilla, and rice. Bring to a simmer over low heat and allow cook until rice is tender, about 35 to 40 minutes
- ☐ In a medium-sized bowl, whisk together the egg yolks and powdered sugar. Slowly temper the eggs by adding the hot rice mixture, a little at a time, while whisking. Once the eggs become warm, add them back to the pan. Stir constantly until the pudding thickens.
- ☐ Add the white chocolate chips and stir until combined and smooth. Stir in the cherries, then remove the pan from the heat and mix until all of the ingredients are evenly distributed.
- ☐ Refrigerate the pudding for 1 to 2 hours.
- ☐ Remove from the refrigerator, scoop the pudding into serving dishes and garnish with fresh mint, cherries and chocolate chips

Nutrition Facts



Properties

Glycemic Index:65.02, Glycemic Load:50.81, Inflammation Score:-7, Nutrition Score:16.244782541109%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 583.74kcal (29.19%), Fat: 16.46g (25.33%), Saturated Fat: 8.48g (53.01%), Carbohydrates: 95g (31.67%), Net Carbohydrates: 92.65g (33.69%), Sugar: 71.33g (79.26%), Cholesterol: 226.04mg (75.35%), Sodium: 115.64mg (5.03%), Alcohol: 0.69g (100%), Alcohol %: 0.24% (100%), Protein: 14.32g (28.63%), Calcium: 366.86mg (36.69%), Phosphorus: 362.14mg (36.21%), Vitamin B2: 0.49mg (28.98%), Vitamin B12: 1.73µg (28.86%), Selenium: 19.27µg (27.52%), Vitamin A: 1302.29IU (26.05%), Vitamin D: 3.66µg (24.37%), Folate: 87.67µg (21.92%), Vitamin B1: 0.32mg (21.26%), Vitamin B5: 1.85mg (18.48%), Manganese: 0.32mg (15.78%), Vitamin B6: 0.26mg (13.23%), Potassium: 454.88mg (13%), Zinc: 1.81mg (12.05%), Iron: 1.97mg (10.97%), Magnesium: 39.52mg (9.88%), Fiber: 2.35g (9.39%), Vitamin B3: 1.42mg (7.12%), Vitamin E: 0.69mg (4.63%), Copper: 0.09mg (4.42%), Vitamin K: 1.88µg (1.79%), Vitamin C: 0.85mg (1.03%)