



Horchata Rice Pudding



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

45 min.

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SERVINGS

servings

8

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CALORIES

calories

214 kcal

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DESSERT

Ingredients

- ☐ 2.5 cups vanilla almond milk
- ☐ 1 cup arborio rice rinsed
- ☐ 1 cinnamon sticks
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2.5 cups rice milk
- ☐ 0.3 cup sugar raw (recommended: Sugar in the)
- ☐ 1 vanilla pod
- ☐ 0.5 cup sugar white

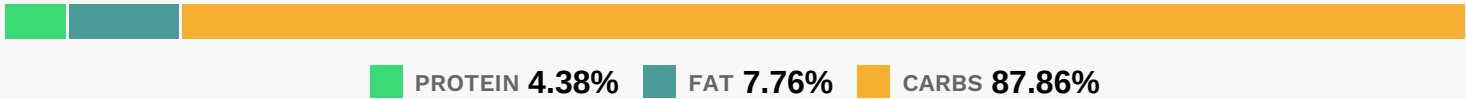
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ramekin
- ☐ blow torch
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saucepan, combine the rice, white sugar, almond milk, rice milk, cinnamon stick and nutmeg. Split the vanilla bean, scrape the seeds from the pod and add both to the milk mixture.
- ☐ Put the saucepan over low heat and simmer the rice until it turns very soft and achieves a thick, pudding-like consistency, about 30 to 40 minutes. Be careful not to bring the rice to a full boil.
- ☐ Remove the cinnamon stick and vanilla bean pod. Divide the mixture between 8 (7-ounce) ramekins and chill until cool.
- ☐ Sprinkle some of the turbinado sugar over the top of each ramekin. Using a blowtorch, caramelize the pudding tops until they are golden brown. If you do not have a blowtorch, arrange the ramekins on a sheet pan and put under a broiler until the sugar has caramelized, about 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:38.26, Glycemic Load:30.57, Inflammation Score:-2, Nutrition Score:3.8791304435581%

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 1.85g (2.85%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 45.96g (16.71%), Sugar: 22.21g (24.68%), Cholesterol: 0mg (0%), Sodium: 130.68mg (5.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Manganese: 0.34mg (17.04%), Folate: 57.82µg (14.46%), Calcium: 107.37mg (10.74%), Vitamin B1: 0.14mg (9.44%), Iron: 1.13mg (6.25%), Selenium: 3.86µg (5.52%), Vitamin B3: 1.03mg (5.17%), Fiber: 1.18g (4.72%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (2.8%), Phosphorus: 24.23mg (2.42%), Vitamin B6: 0.04mg (2.18%), Zinc: 0.29mg (1.92%), Magnesium: 6.25mg (1.56%)