



## Italian (Arborio) Rice Pudding

 Vegetarian  Gluten Free  Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

### Ingredients

- 1 cup arborio rice
- 1 tablespoon butter
- 1 cinnamon sticks
- 1 pinch ground cinnamon for garnish
- 3 cups half-and-half
- 1.5 inch lemon zest to taste
- 0.3 teaspoon salt
- 1 cup sugar

2 cups water

## Equipment

bowl

sauce pan

pot

double boiler

## Directions

Bring water to a boil in a large saucepan; add rice, butter, and salt.

Place a cover on the saucepan, reduce heat to medium-low, and cook rice at a simmer until the rice is tender and the moisture is mostly absorbed, about 20 minutes.

Stir half-and-half and sugar into the rice until the sugar dissolves; add cinnamon stick and lemon peel. Bring the mixture to a boil and remove from heat.

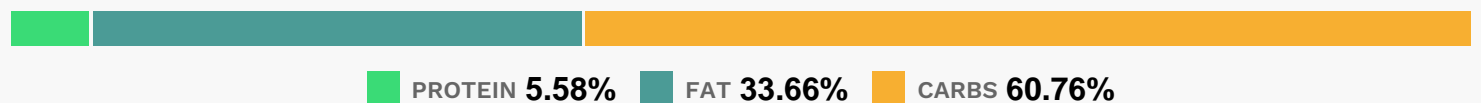
Place a large stainless steel bowl atop a pot of simmering water.

Pour the rice mixture into the top of the double boiler and simmer, stirring occasionally, until thickened, about 45 minutes.

Pour rice pudding into a serving dish.

Remove and discard cinnamon stick and lemon peel from pudding; let cool slightly before garnishing with cinnamon to serve.

## Nutrition Facts



## Properties

Glycemic Index:26.51, Glycemic Load:33.11, Inflammation Score:-4, Nutrition Score:6.2673913292263%

## Nutrients (% of daily need)

Calories: 318.55kcal (15.93%), Fat: 12.07g (18.57%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 48.04g (17.47%), Sugar: 28.73g (31.92%), Cholesterol: 35.53mg (11.84%), Sodium: 142.81mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Manganese: 0.34mg (17.11%), Folate: 60.61µg (15.15%), Vitamin B2: 0.19mg (11.41%), Vitamin B1: 0.17mg (11.26%), Phosphorus: 110.74mg (11.07%), Calcium:

105.61mg (10.56%), Selenium: 6.86µg (9.81%), Vitamin A: 366.59IU (7.33%), Iron: 1.16mg (6.44%), Vitamin B5: 0.59mg (5.89%), Vitamin B3: 1.14mg (5.68%), Vitamin B6: 0.09mg (4.49%), Zinc: 0.65mg (4.33%), Potassium: 142.48mg (4.07%), Fiber: 1g (3.98%), Magnesium: 15.8mg (3.95%), Copper: 0.07mg (3.7%), Vitamin B12: 0.18µg (2.92%), Vitamin E: 0.28mg (1.86%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.45µg (1.38%)