



Jasmine Chai Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 teaspoons loose chai tea (4 tea bags)
- ☐ 2 large egg yolks
- ☐ 0.3 cup fruit mixed dried diced
- ☐ 1 cup jasmine rice uncooked
- ☐ 2 cups milk 1% low-fat divided
- ☐ 0.5 teaspoon orange rind grated
- ☐ 2 tablespoons pistachios chopped
- ☐ 0.1 teaspoon salt

- ☐ 0.8 cup condensed milk sweetened
- ☐ 1.5 cups water
- ☐ 6 tablespoons non-dairy whipped topping fat-free frozen thawed

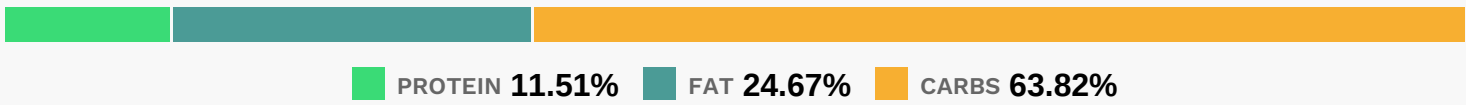
Equipment

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

Directions

- ☐ Combine 1 cup milk, 1 1/2 cups water, tea, and salt in a large saucepan; bring to a boil.
- ☐ Remove from heat; steep 1 minute. Strain milk mixture through a fine sieve into a bowl; discard solids. Return milk mixture to pan; place pan over medium heat. Stir in rice. Cover and simmer for 10 minutes.
- ☐ Combine remaining 1 cup milk, condensed milk, fruit, and egg yolks, stirring well with a whisk. Gradually add half of hot milk mixture to egg yolk mixture, stirring constantly with a whisk. Return milk mixture to pan; cook 10 minutes or until mixture is thick and rice is tender, stirring constantly.
- ☐ Remove from heat; stir in butter.
- ☐ Place 2/3 cup rice pudding in each of 6 bowls. Top each serving with 1 tablespoon fat-free whipped topping.
- ☐ Combine nuts and rind.
- ☐ Sprinkle about 1 teaspoon nut mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:36.86, Glycemic Load:27.89, Inflammation Score:-3, Nutrition Score:9.7208695981814%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 329.19kcal (16.46%), Fat: 9.05g (13.92%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 51.81g (18.84%), Sugar: 26.49g (29.43%), Cholesterol: 83.88mg (27.96%), Sodium: 153.36mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Phosphorus: 252.38mg (25.24%), Calcium: 236.51mg (23.65%), Selenium: 15.49µg (22.12%), Vitamin B2: 0.35mg (20.5%), Manganese: 0.38mg (19.09%), Vitamin B12: 0.83µg (13.82%), Vitamin B5: 1.08mg (10.77%), Potassium: 351.36mg (10.04%), Vitamin B1: 0.14mg (9.4%), Vitamin B6: 0.19mg (9.36%), Zinc: 1.25mg (8.35%), Vitamin D: 1.25µg (8.32%), Vitamin A: 415.45IU (8.31%), Magnesium: 32.57mg (8.14%), Copper: 0.13mg (6.33%), Folate: 18.83µg (4.71%), Vitamin B3: 0.73mg (3.63%), Fiber: 0.86g (3.43%), Iron: 0.61mg (3.39%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.38mg (1.67%)