



Lemon and Almond Rice Pudding



Vegetarian



Gluten Free

READY IN



293 min.

SERVINGS



6

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup amaretto
- ☐ 0.5 cup arborio rice medium-grain white
- ☐ 0.5 cup juice of lemon fresh
- ☐ 3 large lemon zest
- ☐ 0.1 teaspoon sea salt fine
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod seeds removed, pod reserved

- ☐ 0.5 cup whipping cream
- ☐ 4 cups milk whole

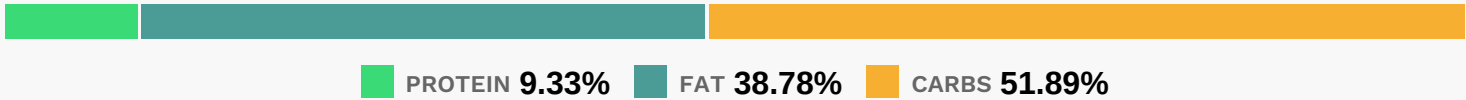
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a heavy, medium saucepan, combine the milk, rice, sugar, vanilla seeds, vanilla pod, and salt. Bring to a boil over medium heat, stirring frequently. Reduce the heat to medium-low and simmer, stirring occasionally, until the rice is tender, about 35 minutes. In a medium bowl, mix together the lemon juice, amaretto, and lemon zest. Slowly stir the lemon mixture into the rice mixture and cook for 10 minutes longer.
- ☐ Remove the vanilla pod and discard. Stir in the whipping cream (mixture will still be runny but will thicken as it cools). Spoon the rice pudding into bowls. Cover and refrigerate for at least 4 hours.
- ☐ Sprinkle the chilled rice pudding with sliced almonds and serve.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:24.99, Inflammation Score:-6, Nutrition Score:10.361304402351%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 349.19kcal (17.46%), Fat: 14.63g (22.51%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 42.71g (15.53%), Sugar: 29.01g (32.23%), Cholesterol: 41.93mg (13.98%), Sodium: 117.16mg (5.09%), Alcohol: 2.56g (100%), Alcohol %: 1.28% (100%), Protein: 7.92g (15.84%), Calcium: 229.52mg (22.95%), Phosphorus: 212.65mg (21.26%), Vitamin B2: 0.32mg (19.02%), Vitamin B12: 0.91µg (15.17%), Vitamin C: 11.86mg (14.37%), Vitamin D: 2.11µg (14.04%), Vitamin B1: 0.2mg (13.61%), Manganese: 0.27mg (13.6%), Folate: 45.44µg (11.36%), Vitamin A: 557.83IU (11.16%), Potassium: 332.64mg (9.5%), Selenium: 6.53µg (9.33%), Vitamin B5: 0.93mg (9.26%), Magnesium: 37.06mg (9.26%), Vitamin E: 1.28mg (8.55%), Vitamin B6: 0.15mg (7.72%), Zinc: 1.04mg (6.93%), Fiber: 1.32g (5.3%), Vitamin B3: 1.05mg (5.26%), Iron: 0.92mg (5.12%), Copper: 0.09mg (4.47%), Vitamin K: 1.12µg (1.07%)