



Orange Liqueur Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 0.5 cup arborio rice uncooked
- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons dry-roasted pistachios chopped
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons grand marnier orange-flavored liqueur
- ☐ 3.5 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons slivered almonds toasted

- ☐ 6 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

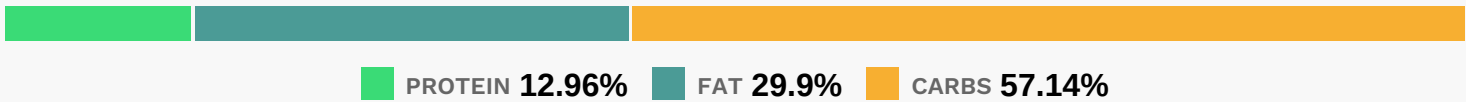
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine milk, Arborio rice, sugar, and salt in a medium saucepan; bring to a boil, stirring frequently. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally.
- ☐ Place egg in a medium bowl. Gradually stir about one-fourth of hot rice mixture into egg mixture; return egg mixture to pan, stirring constantly. Simmer, uncovered, 20 minutes or until mixture is thick and rice is tender, stirring occasionally.
- ☐ Remove from heat; add liqueur, butter, and vanilla, stirring until butter melts.
- ☐ Combine nuts in a small bowl; sprinkle nuts evenly over pudding.

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:18.84, Inflammation Score:-4, Nutrition Score:8.3417391945486%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.82kcal (12.49%), Fat: 8.04g (12.37%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 33.59g (12.21%), Sugar: 20.9g (23.22%), Cholesterol: 47.03mg (15.68%), Sodium: 199.46mg (8.67%), Alcohol: 1.53g (100%), Alcohol %: 1.03% (100%), Protein: 7.84g (15.68%), Vitamin B2: 0.34mg (19.91%), Phosphorus: 180.99mg (18.1%), Calcium: 179.4mg (17.94%), Manganese: 0.31mg (15.34%), Vitamin B12: 0.81µg (13.46%), Folate: 52.9µg (13.22%), Selenium: 8.96µg (12.8%), Vitamin B1: 0.16mg (10.7%), Vitamin B5: 0.88mg (8.82%), Magnesium: 31.46mg (7.86%), Zinc: 1.1mg (7.36%), Potassium: 254.38mg (7.27%), Vitamin B3: 1.28mg (6.4%), Vitamin E: 0.95mg (6.31%), Iron: 1.02mg (5.68%), Vitamin B6: 0.11mg (5.51%), Vitamin A: 243.76IU (4.88%), Copper: 0.09mg (4.46%), Fiber: 0.99g (3.96%), Vitamin D: 0.17µg (1.11%)