



Orange-Vanilla Risotto Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



195 kcal

DESSERT

Ingredients

- 0.8 cup arborio rice
- 1 tablespoon juice of lemon fresh
- 4 cups milk 1% low-fat
- 2 tablespoons orange juice fresh
- 2 teaspoons orange rind grated
- 0.3 teaspoon salt
- 0.5 cup sugar
- 2 inch vanilla pod split

1.3 cups water

Equipment

frying pan

sauce pan

Directions

Combine first 3 ingredients in a large saucepan. Scrape seeds from vanilla bean; stir seeds and bean into milk mixture. Bring to a simmer (do not boil). Cover and keep warm over low heat.

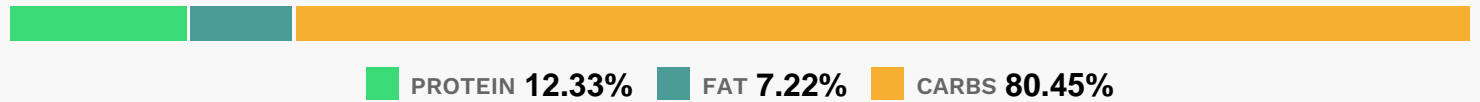
Place rice in a medium saut pan over medium heat; cook 3 minutes, stirring constantly. Stir in salt.

Add milk mixture, 1/2 cup at a time, stirring frequently until each portion is absorbed before adding the next (about 45 minutes).

Remove from heat; stir in rind and juices.

Remove vanilla bean, and discard. Chill risotto at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:23.65, Inflammation Score:-4, Nutrition Score:7.6117392558119%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 194.62kcal (9.73%), Fat: 1.56g (2.4%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 38.49g (14%), Sugar: 21.41g (23.79%), Cholesterol: 6.74mg (2.25%), Sodium: 138.2mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Calcium: 173.61mg (17.36%), Phosphorus: 160.38mg (16.04%), Vitamin B12: 0.82µg (13.71%), Vitamin B1: 0.2mg (13.57%), Folate: 54.25µg (13.56%), Vitamin B2: 0.2mg (12.01%), Manganese: 0.23mg (11.4%), Vitamin D: 1.48µg (9.89%), Selenium: 6.17µg (8.81%), Vitamin B5: 0.78mg

(7.77%), Potassium: 244.14mg (6.98%), Vitamin B6: 0.12mg (6.07%), Magnesium: 22.32mg (5.58%), Vitamin A: 276.56IU (5.53%), Zinc: 0.83mg (5.51%), Vitamin B3: 1.06mg (5.3%), Iron: 0.93mg (5.17%), Vitamin C: 4.03mg (4.89%), Copper: 0.06mg (2.86%), Fiber: 0.68g (2.71%)