



## Quinoa Pudding



Vegetarian



Gluten Free

READY IN



77 min.

SERVINGS



6

CALORIES



283 kcal

DESSERT

## Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.3 cup coconut or shredded unsweetened reduced-fat finely
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 large eggs lightly beaten
- ☐ 4 cups milk 2% reduced-fat
- ☐ 1 teaspoon orange zest grated
- ☐ 6 servings orange zest grated (optional)
- ☐ 0.8 cup quinoa uncooked

- ☐ 0.3 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 1 star anise
- ☐ 0.5 vanilla pod split
- ☐ 1.5 cups water

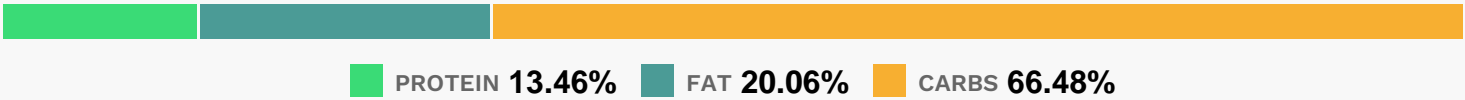
## Equipment

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

## Directions

- ☐ Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- ☐ Drain well, and place in a large saucepan.
- ☐ Scrape seeds from vanilla bean; add seeds and bean to quinoa.
- ☐ Add 1 1/2 cups water, orange rind, salt, cinnamon, and star anise. Bring to boil over high heat. Cover, reduce heat to medium-low, and simmer 15 minutes or until liquid is absorbed.
- ☐ Stir in milk and sugar; bring to a boil over high heat. Reduce heat to medium-low, and simmer, uncovered, 22 minutes, stirring occasionally. Stir in coconut and raisins; simmer, uncovered, an additional 20 minutes or until mixture is thick and creamy, stirring frequently.
- ☐ Remove from heat; discard vanilla bean, cinnamon, and star anise. Gradually add 1 cup hot pudding to egg, stirring constantly with a whisk. Return mixture to pan, stirring until well blended.
- ☐ Garnish each serving with orange rind, if desired.
- ☐ Note: Substitute 1 1/2 teaspoons vanilla extract for the vanilla bean, if desired.
- ☐ Add the vanilla extract after cooking the pudding (at the end of step 3).

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:12.84913041799%

## Nutrients (% of daily need)

Calories: 283.08kcal (14.15%), Fat: 6.47g (9.95%), Saturated Fat: 3.4g (21.22%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 44.38g (16.14%), Sugar: 26g (28.88%), Cholesterol: 43.59mg (14.53%), Sodium: 146.19mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Manganese: 0.64mg (32%), Phosphorus: 271.09mg (27.11%), Calcium: 249.41mg (24.94%), Vitamin B2: 0.42mg (24.72%), Vitamin C: 17.58mg (21.31%), Magnesium: 68.64mg (17.16%), Fiber: 3.84g (15.36%), Vitamin B12: 0.91µg (15.13%), Folate: 55.87µg (13.97%), Potassium: 468.57mg (13.39%), Selenium: 9.04µg (12.92%), Vitamin B6: 0.22mg (11.09%), Vitamin B1: 0.17mg (11.04%), Zinc: 1.63mg (10.87%), Copper: 0.21mg (10.33%), Iron: 1.73mg (9.58%), Vitamin B5: 0.95mg (9.53%), Vitamin A: 262.49IU (5.25%), Vitamin E: 0.71mg (4.7%), Vitamin B3: 0.7mg (3.52%), Vitamin D: 0.17µg (1.11%)