



Rice pudding & spiced plum bake

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



555 kcal

DESSERT

Ingredients

- 500 g plums pitted halved
- 1 cinnamon sticks
- 1 orange juice
- 150 ml cooking sherry sweet
- 2 tbsp brown sugar for sprinkling
- 700 ml milk whole
- 50 g brown sugar for sprinkling
- 200 g rice

- 0.5 nutmeg grated
- 170 g evaporated milk canned
- 1 knob butter

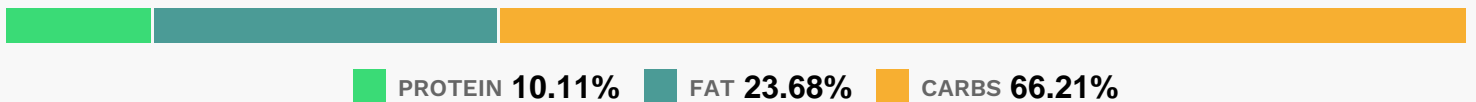
Equipment

- oven
- baking pan

Directions

- Heat oven to 190C/170C fan/gas
- Put plums, cinnamon, orange zest and juice into a medium-sized baking dish.
- Pour on sherry, sprinkle on sugar, then cover and bake for 30 mins, until plums are tender.
- Meanwhile, bring milk and sugar to the boil. add rice and cook until soft, about 30 mins, stirring often.
- Add most of the nutmeg and stir in evaporated milk.
- Remove cinnamon from the spiced plums, then spoon over the rice in an even layer, grate over remaining nutmeg and sprinkle over extra caster sugar. Dot butter on top, return to the oven and cook for 20 mins or until the top is golden.

Nutrition Facts



Properties

Glycemic Index:82.46, Glycemic Load:33.1, Inflammation Score:-7, Nutrition Score:16.734347841014%

Flavonoids

Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 555.02kcal (27.75%), Fat: 14.06g (21.63%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 88.45g (29.48%), Net Carbohydrates: 85.5g (31.09%), Sugar: 45.07g (50.08%), Cholesterol: 45.27mg (15.09%), Sodium: 157.25mg (6.84%), Alcohol: 3.92g (100%), Alcohol %: 1.04% (100%), Protein: 13.5g (27%), Manganese: 0.84mg (41.86%), Calcium: 385.33mg (38.53%), Phosphorus: 358.55mg (35.86%), Vitamin B2: 0.45mg (26.64%), Vitamin C: 20.22mg (24.51%), Potassium: 740.77mg (21.16%), Vitamin A: 989.24IU (19.78%), Selenium: 12.32µg (17.59%), Vitamin B12: 1.05µg (17.53%), Vitamin B5: 1.7mg (16.99%), Magnesium: 61.31mg (15.33%), Vitamin B6: 0.28mg (14.21%), Vitamin B1: 0.21mg (13.85%), Vitamin D: 2.03µg (13.52%), Zinc: 1.82mg (12.15%), Fiber: 2.95g (11.79%), Copper: 0.21mg (10.61%), Vitamin K: 9.65µg (9.19%), Vitamin B3: 1.73mg (8.66%), Iron: 1.04mg (5.77%), Folate: 19.12µg (4.78%), Vitamin E: 0.69mg (4.58%)