



Rice Pudding with Almonds and Cherry Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 16 ounce cherries frozen thawed pitted
- ☐ 1 tablespoon cornstarch mixed with 1 tablespoon water
- ☐ 1 optional: lemon quartered
- ☐ 0.8 cup rice medium-grain
- ☐ 7 tablespoons sugar
- ☐ 1 vanilla pod split
- ☐ 1 cup whipping cream chilled

☐ 4.8 cups milk whole

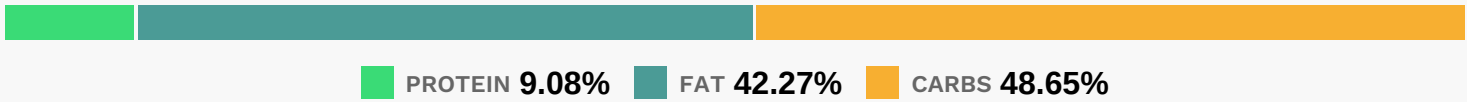
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine milk, 5 tablespoons sugar and rice in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean and bring to boil. Reduce heat to medium and simmer until rice is tender and mixture is thick, stirring frequently, about 35 minutes. Discard vanilla bean.
- ☐ Mix in almonds.
- ☐ Pour rice pudding into 13x9x2-inch metal baking pan; cool completely.
- ☐ Using electric mixer, beat cream and 2 tablespoons sugar in medium bowl until medium peaks form. Fold cream into rice pudding mixture in pan. Cover and refrigerate until cold, about 4 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Cook cherries, lemon and remaining 3/4 cup sugar in heavy medium saucepan over medium heat until cherries are tender, stirring occasionally, about 5 minutes.
- ☐ Add cornstarch mixture and bring to boil, stirring constantly. Discard lemon. Spoon pudding into bowls. Spoon hot cherry sauce over.

Nutrition Facts



Properties

Glycemic Index:30.95, Glycemic Load:25.8, Inflammation Score:-7, Nutrition Score:12.401739130849%

Flavonoids

Cyanidin: 17.27mg, Cyanidin: 17.27mg, Cyanidin: 17.27mg, Cyanidin: 17.27mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg

Peonidin: 0.85mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 386.11kcal (19.31%), Fat: 18.64g (28.68%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 45.35g (16.49%), Sugar: 26.16g (29.07%), Cholesterol: 51mg (17%), Sodium: 63.83mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Phosphorus: 226.5mg (22.65%), Calcium: 224.97mg (22.5%), Vitamin B2: 0.36mg (20.91%), Manganese: 0.41mg (20.61%), Vitamin B1: 0.24mg (16.33%), Folate: 58.71µg (14.68%), Vitamin A: 711.34IU (14.23%), Vitamin B12: 0.83µg (13.83%), Vitamin D: 2.07µg (13.8%), Vitamin C: 11.3mg (13.7%), Potassium: 449.32mg (12.84%), Vitamin E: 1.88mg (12.52%), Magnesium: 47.44mg (11.86%), Fiber: 2.92g (11.67%), Vitamin B5: 1.07mg (10.67%), Selenium: 7.38µg (10.54%), Vitamin B6: 0.18mg (9.16%), Iron: 1.48mg (8.2%), Zinc: 1.14mg (7.59%), Copper: 0.15mg (7.54%), Vitamin B3: 1.39mg (6.96%), Vitamin K: 2.58µg (2.45%)