



Rice Pudding with Cider-Rhubarb Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 cups brown rice long-grain cooked
- ☐ 1 large eggs
- ☐ 0.3 cup evaporated skim milk
- ☐ 0.5 cup cream cheese light tub-style
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 4 servings cider-rhubarb sauce
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar

☐ 0.3 teaspoon vanilla extract

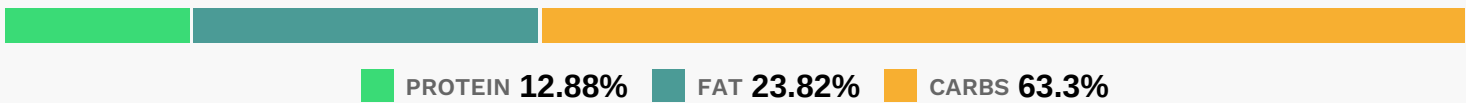
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Spoon 1/2 cup rice into each of 4 (4-ounce) ramekins coated with cooking spray.
- ☐ Combine sugar and cream cheese in a medium bowl; beat at medium speed of mixer until smooth.
- ☐ Add milks, vanilla, salt, and egg; beat well. Divide mixture evenly among prepared ramekins.
- ☐ Place ramekins in a 13 x 9-inch baking dish; add hot water to dish to a depth of 1 inch.
- ☐ Bake at 350 for 40 minutes or until set.
- ☐ Remove ramekins from dish.
- ☐ Drizzle each with 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:8.94, Inflammation Score:-5, Nutrition Score:11.856956450836%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg

Nutrients (% of daily need)

Calories: 267.91kcal (13.4%), Fat: 7.14g (10.99%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 39.85g (14.49%), Sugar: 17.88g (19.87%), Cholesterol: 64.52mg (21.51%), Sodium: 167.93mg (7.3%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 8.69g (17.38%), Manganese: 1.01mg (50.64%), Selenium: 16.11µg (23.01%), Phosphorus: 204.6mg (20.46%), Vitamin K: 18.85µg (17.96%), Calcium: 177.87mg (17.79%), Magnesium: 59.12mg (14.78%), Vitamin B2: 0.23mg (13.8%), Fiber: 2.85g (11.41%), Potassium: 383.35mg (10.95%), Vitamin B6: 0.21mg (10.26%), Vitamin B5: 0.95mg (9.46%), Vitamin B1: 0.14mg (9.05%), Vitamin B3: 1.76mg (8.81%), Vitamin B12: 0.5µg (8.4%), Zinc: 1.22mg (8.16%), Vitamin A: 373.4IU (7.47%), Copper: 0.13mg (6.67%), Vitamin C: 5.1mg (6.18%), Folate: 21.92µg (5.48%), Iron: 0.87mg (4.83%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.41mg (2.74%)