



Rice Pudding With Dried Cherries And Currants

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup cherries dried
- ☐ 2 cups rice medium-grain cooked
- ☐ 0.3 cup currants
- ☐ 2 large egg whites
- ☐ 1.3 cups milk fat-free
- ☐ 1 teaspoon lemon rind grated

- ☐ 2 teaspoons orange juice concentrate thawed
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 1 teaspoon vanilla extract

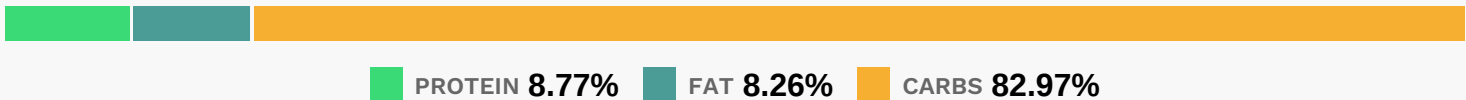
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Coat a 1 1/2-quart baking dish with cooking spray; set aside.
- ☐ Combine milk and next 7 ingredients in a bowl; stir well with a whisk.
- ☐ Add rice, and stir well.
- ☐ Add cherries and currants; pour mixture into baking dish.
- ☐ Place baking dish into a 13- x 9-inch baking pan.
- ☐ Pour hot water into baking pan to a depth of 1 inch.
- ☐ Bake at 325 for 55 to 57 minutes or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:6.6195651694484%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 243.29kcal (12.16%), Fat: 2.24g (3.44%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 50.03g (18.19%), Sugar: 26.41g (29.34%), Cholesterol: 1.63mg (0.54%), Sodium: 120.18mg (5.23%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 5.34g (10.69%), Manganese: 0.33mg (16.74%), Selenium: 9.47µg (13.54%), Folate: 50.63µg (12.66%), Vitamin B1: 0.18mg (11.87%), Calcium: 97.33mg (9.73%), Phosphorus: 96.67mg (9.67%), Vitamin B2: 0.15mg (8.78%), Iron: 1.45mg (8.08%), Vitamin B3: 1.41mg (7.05%), Potassium: 238.79mg (6.82%), Vitamin B5: 0.59mg (5.91%), Vitamin B6: 0.11mg (5.74%), Vitamin B12: 0.33µg (5.47%), Magnesium: 19.91mg (4.98%), Copper: 0.1mg (4.78%), Vitamin C: 3.9mg (4.73%), Vitamin A: 217.35IU (4.35%), Zinc: 0.6mg (4.03%), Vitamin D: 0.6µg (3.99%), Fiber: 0.56g (2.23%)