



Rice Pudding with Persimmons and Dried Cranberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 0.7 cup arborio rice
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup honey
- ☐ 1.5 teaspoons orange zest grated
- ☐ 2 medium size persimmon ripe
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar

☐ 3.5 cups milk whole

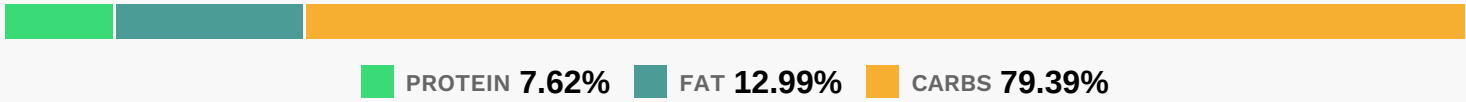
Equipment

☐ sauce pan

Directions

- ☐ Make deep cut in pointed end of each persimmon. Scoop out pulp into processor and puree until smooth. Measure 2/3 cup puree.
- ☐ Combine milk, rice, honey, sugar, orange peel, and salt in medium saucepan. Bring to simmer, stirring until sugar dissolves. Reduce heat to low and cook, uncovered, until pudding is very thick, stirring frequently, about 40 minutes.
- ☐ Add cranberries and cook until softened, stirring frequently, about 5 minutes.
- ☐ Remove from heat and stir in 2/3 cup persimmon puree.
- ☐ Serve pudding warm or at room temperature. (Can be made 2 days ahead. Cover and chill. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:48.73, Glycemic Load:36.08, Inflammation Score:-5, Nutrition Score:10.531739151996%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 333.71kcal (16.69%), Fat: 5.02g (7.73%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 69.1g (23.03%), Net Carbohydrates: 67.86g (24.68%), Sugar: 31.76g (35.29%), Cholesterol: 17.08mg (5.69%), Sodium: 152.91mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin C: 37.73mg (45.73%), Calcium: 193.54mg (19.35%), Phosphorus: 180.91mg (18.09%), Vitamin B1: 0.21mg (13.81%), Manganese: 0.27mg (13.73%), Iron: 2.45mg (13.59%), Folate: 51.77µg (12.94%), Vitamin B12: 0.77µg (12.81%), Vitamin B2: 0.22mg (12.76%), Potassium: 417.48mg (11.93%), Vitamin D: 1.57µg (10.44%), Selenium: 6.27µg (8.96%), Vitamin B5: 0.85mg (8.51%), Vitamin B6: 0.13mg (6.65%), Zinc: 0.87mg (5.81%), Magnesium: 22.99mg (5.75%), Vitamin B3: 1.14mg (5.7%), Fiber: 1.24g

(4.96%), Vitamin A: 232.68IU (4.65%), Copper: 0.06mg (3.02%), Vitamin E: 0.28mg (1.9%), Vitamin K: 1.19µg (1.14%)