



Rice Pudding with Poached Rhubarb



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1 cinnamon sticks
- ☐ 1 cup cooking wine dry red
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 servings mint leaves for garnish
- ☐ 1 pound rhubarb cut into 1-inch lengths
- ☐ 0.8 cup sugar

- ☐ 2 cups sugar
- ☐ 0.5 vanilla pod split
- ☐ 3 cups water
- ☐ 2.5 cups milk whole

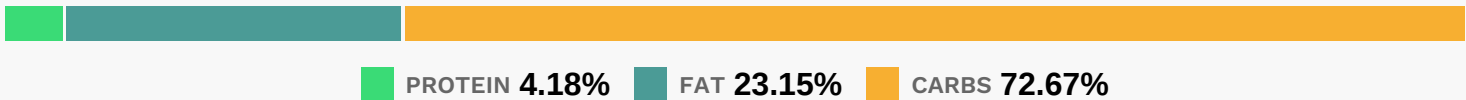
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Make the Rice Pudding: Fill a medium saucepan with water and bring to a boil.
- ☐ Add the rice and cook over high heat for 3 minutes.
- ☐ Drain the rice and return it to the saucepan.
- ☐ Add the milk, cream, vanilla bean and seeds. Bring to a simmer and cook over low heat until the rice is very tender, about 25 minutes. Stir in the sugar and remove from the heat. Discard the vanilla bean. Scrape the pudding into a 9-by-13-inch glass dish, press a sheet of plastic wrap directly onto the surface of the pudding and refrigerate until chilled, about 3 hours.
- ☐ Meanwhile, Make the Poached Rhubarb: In a large saucepan, combine the water with the sugar, wine, lemon juice, cinnamon stick, vanilla bean and seeds. Bring to a simmer and cook over moderate heat for 10 minutes.
- ☐ Add the rhubarb and simmer until tender, about 15 minutes.
- ☐ Pour the rhubarb and its poaching liquid into a glass or plastic bowl and refrigerate until chilled, about 3 hours.
- ☐ Spoon the rice pudding into bowls. Using a slotted spoon, top with some of the rhubarb.
- ☐ Sprinkle with mint leaves and serve.

Nutrition Facts



Properties

Glycemic Index:34.77, Glycemic Load:65.21, Inflammation Score:-6, Nutrition Score:9.7639129369155%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 541.23kcal (27.06%), Fat: 13.71g (21.1%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 96.86g (32.29%), Net Carbohydrates: 94.82g (34.48%), Sugar: 73.88g (82.09%), Cholesterol: 42.77mg (14.26%), Sodium: 45.04mg (1.96%), Alcohol: 3.15g (100%), Alcohol %: 1.05% (100%), Protein: 5.57g (11.14%), Manganese: 0.47mg (23.26%), Calcium: 173.32mg (17.33%), Vitamin K: 17.93µg (17.08%), Folate: 64.83µg (16.21%), Vitamin B1: 0.2mg (13.54%), Vitamin A: 662.68IU (13.25%), Phosphorus: 127.27mg (12.73%), Vitamin B2: 0.21mg (12.15%), Selenium: 7.17µg (10.24%), Potassium: 337.74mg (9.65%), Vitamin D: 1.31µg (8.76%), Fiber: 2.04g (8.18%), Vitamin C: 6.5mg (7.88%), Vitamin B12: 0.46µg (7.66%), Iron: 1.34mg (7.43%), Vitamin B5: 0.74mg (7.4%), Vitamin B3: 1.32mg (6.62%), Magnesium: 25.96mg (6.49%), Vitamin B6: 0.12mg (5.85%), Zinc: 0.75mg (5.02%), Copper: 0.09mg (4.64%), Vitamin E: 0.48mg (3.2%)