



Rice Pudding with Pomegranate Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 0.5 cup arborio rice uncooked
- ☐ 1 tablespoon butter
- ☐ 1 large eggs
- ☐ 3.5 cups milk 2% divided reduced-fat
- ☐ 6 tablespoons pomegranate seeds
- ☐ 2 large pomegranates halved
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

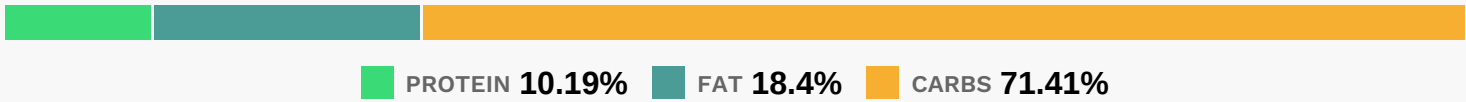
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ juicer

Directions

- ☐ To prepare pudding, combine 3 cups milk, rice, 1/3 cup sugar, and butter in a medium saucepan; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine 1/2 cup milk and egg, stirring with a whisk. Gradually stir about one-fourth of warm rice mixture into egg mixture; add to pan, stirring constantly. Simmer, uncovered, for 30 minutes or until rice is tender, stirring occasionally.
- ☐ Remove from heat; stir in vanilla.
- ☐ To prepare syrup, squeeze juice from the pomegranate halves using a citrus reamer or juicer to measure 1 cup.
- ☐ Combine juice and 1/4 cup sugar in a small saucepan; bring to a boil. Reduce heat; simmer until reduced to 1/3 cup (about 20 minutes), stirring frequently.
- ☐ Drizzle the syrup evenly over pudding, and sprinkle with seeds.

Nutrition Facts



Properties

Glycemic Index:67.7, Glycemic Load:34.74, Inflammation Score:-5, Nutrition Score:12.0865216618%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.09mg, Epicatechin:

0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 324.4kcal (16.22%), Fat: 6.84g (10.52%), Saturated Fat: 3.34g (20.91%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 54.87g (19.95%), Sugar: 41.42g (46.02%), Cholesterol: 47.03mg (15.68%), Sodium: 95.23mg (4.14%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 8.52g (17.03%), Folate: 90.79µg (22.7%), Vitamin B2: 0.36mg (21.39%), Phosphorus: 198.83mg (19.88%), Fiber: 4.83g (19.31%), Calcium: 182.09mg (18.21%), Vitamin K: 18.34µg (17.47%), Manganese: 0.33mg (16.32%), Vitamin B1: 0.22mg (14.96%), Vitamin C: 11.39mg (13.81%), Potassium: 476.08mg (13.6%), Vitamin B12: 0.81µg (13.46%), Selenium: 9.2µg (13.15%), Vitamin B5: 1.25mg (12.46%), Copper: 0.22mg (11.17%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.18mg (8.85%), Magnesium: 33.18mg (8.3%), Iron: 1.22mg (6.76%), Vitamin B3: 1.14mg (5.71%), Vitamin E: 0.84mg (5.58%), Vitamin A: 243.73IU (4.87%), Vitamin D: 0.17µg (1.11%)