

Rice Pudding with Port and Dried Plum Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 cup plums dried pitted
- ☐ 2 cups milk fat-free divided
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup port sweet
- ☐ 2 tablespoons port sweet
- ☐ 2 teaspoons powdered sugar
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons slivered almonds toasted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water
- ☐ 2 tablespoons water
- ☐ 0.3 cup whipping cream

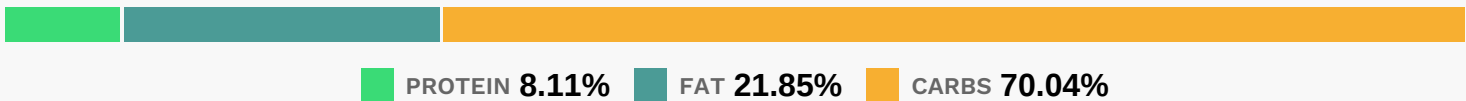
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine dried plums and 3/4 cup port in a small saucepan; bring to a boil. Reduce heat; simmer 15 minutes or until plums are tender.
- ☐ Let stand 5 minutes.
- ☐ Place plum mixture and 2 tablespoons water in a blender. Cover tightly, and process until smooth.
- ☐ Combine 1 cup milk, 1 1/2 cups water, rice, and salt in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in 1 cup milk, granulated sugar, and vanilla. Cover and simmer 30 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Spoon about 4 teaspoons plum sauce into each of 6 (6-ounce) martini or parfait glasses; top each serving with 1/3 cup rice pudding. Repeat layers once. Cover and chill at least 4 hours.
- ☐ Combine whipping cream, 2 tablespoons port, and powdered sugar in a medium bowl; beat with a mixer at high speed until light and fluffy. Top each serving with 2 tablespoons cream mixture and 1 teaspoon slivered almonds.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:21.45, Inflammation Score:-6, Nutrition Score:8.7578260665355%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.69mg, Petunidin: 0.69mg, Petunidin: 0.69mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 4.84mg, Malvidin: 4.84mg, Malvidin: 4.84mg, Malvidin: 4.84mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 294.93kcal (14.75%), Fat: 6.75g (10.38%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 46g (16.73%), Sugar: 27.76g (30.85%), Cholesterol: 17.39mg (5.8%), Sodium: 237.02mg (10.31%), Alcohol: 3.94g (100%), Alcohol %: 1.96% (100%), Protein: 5.64g (11.28%), Manganese: 0.38mg (19.09%), Vitamin K: 17.83µg (16.98%), Phosphorus: 156.91mg (15.69%), Calcium: 147.32mg (14.73%), Vitamin B2: 0.25mg (14.42%), Potassium: 449.1mg (12.83%), Vitamin A: 588.19IU (11.76%), Fiber: 2.68g (10.7%), Magnesium: 40.4mg (10.1%), Copper: 0.17mg (8.42%), Vitamin B12: 0.49µg (8.25%), Vitamin B6: 0.16mg (8.07%), Vitamin E: 1.12mg (7.44%), Vitamin D: 1.11µg (7.4%), Selenium: 4.72µg (6.75%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.86mg (5.71%), Vitamin B1: 0.08mg (5.51%), Vitamin B3: 1.1mg (5.49%), Iron: 0.7mg (3.89%), Folate: 6.37µg (1.59%)