

**3%**  
HEALTH SCORE

## Rice Puddings with Caramel Gala Apples

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**334 kcal**

DESSERT

### Ingredients

- 0.5 cup apple cider
- 2 medium apples (13 to 14 ounces total)
- 0.5 cup arborio rice medium-grain white
- 0.5 cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 1 pinch salt
- 0.3 cup sugar
- 1 tablespoon butter unsalted room temperature

- 2 teaspoons vanilla extract
- 3 cups water
- 6 servings whipped cream (for topping; optional)
- 4 cups milk whole

## Equipment

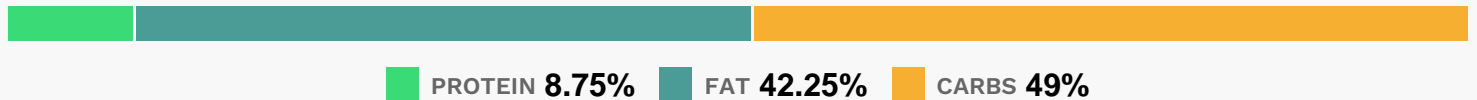
- bowl
- frying pan

## Directions

- Bring 3 cups water and 1/4teaspoon salt to boil in heavy largesaucepan.
- Add rice and boil 10 minutes.
- Drain rice; discard cooking water. Rinsesaucepan.
- Combine milk and sugar in samesaucepan; bring to boil over medium–highheat, stirring until sugar dissolves.
- Addrice; reduce heat to medium and simmeruntil rice is very tender, most of milk isabsorbed, and pudding is thickened but stillcreamy and reduced to scant 3 cups, stirringoccasionally, about 35 minutes.
- Removefrom heat. Stir in vanilla extract.
- Transferrice pudding to medium bowl. Press plasticwrap onto surface of pudding; let puddingcool to room temperature. Refrigerate untilcold. DO AHEAD: Can be made 2 days ahead.Keep refrigerated.
- Peel apples; quarterthrough stem end and remove core.
- Cuteach apple quarter into 4 slices, then cutslices crosswise into thirds.
- Combine sugarand lemon juice in medium nonstick skillet.Stir over medium–high heat until sugardissolves and syrup is medium amber color,occasionally swirling skillet, 3 to 4 minutes.
- Remove from heat; add butter to skilletand swirl until melted (mixture may bubblevigorously). Return skillet to medium heat;add cider and pinch of salt and bring toboil.
- Add apples and simmer until tender,stirring often, about 6 minutes.
- Add 1/2cup whipping cream and boil until saucethickens slightly, about 2 minutes.

- Transfer apples with caramel sauce to heatproof bowl. Cool caramel apples until lukewarm or room temperature. DO AHEAD: Caramel apples can be made 1 day ahead. Cover and refrigerate. Stir over medium heat until just warm before using.
- Divide half of caramel apples among 6 Martini glasses or lowball glasses. Top each with rice pudding, dividing equally. Top with remaining caramel apples, dividing equally.
- Garnish each with dollop of whipped cream, if desired, and serve.
- Bon Appétit

## Nutrition Facts



### Properties

Glycemic Index: 52.97, Glycemic Load: 22.65, Inflammation Score: -6, Nutrition Score: 9.7217390848243%

### Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

### Nutrients (% of daily need)

Calories: 333.92kcal (16.7%), Fat: 15.84g (24.37%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 39.37g (14.32%), Sugar: 25.63g (28.48%), Cholesterol: 51.51mg (17.17%), Sodium: 82.07mg (3.57%), Alcohol: 0.46g (100%), Alcohol %: 0.14% (100%), Protein: 7.38g (14.76%), Calcium: 229.44mg (22.94%), Phosphorus: 205.86mg (20.59%), Vitamin B2: 0.3mg (17.46%), Vitamin B12: 0.93µg (15.53%), Vitamin D: 2.17µg (14.44%), Vitamin B1: 0.21mg (13.78%), Vitamin A: 687.59IU (13.75%), Manganese: 0.22mg (10.96%), Potassium: 374.38mg (10.7%), Folate: 41.86µg (10.47%), Vitamin B5: 0.94mg (9.43%), Selenium: 6.38µg (9.12%), Vitamin B6: 0.17mg (8.36%), Fiber: 1.97g (7.88%), Magnesium: 30.96mg (7.74%), Zinc: 0.97mg (6.44%), Vitamin C: 4.05mg (4.91%), Vitamin B3: 0.95mg (4.76%), Iron: 0.83mg (4.63%), Copper: 0.08mg (3.97%), Vitamin E: 0.47mg (3.14%), Vitamin K: 2.73µg (2.6%)