



Risotto-Style Strawberry Rice Pudding



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 1 cup arborio rice
- ☐ 2 tablespoons butter
- ☐ 1 pinch kosher salt
- ☐ 1 lemon zest finely grated juiced
- ☐ 1 quart milk
- ☐ 1 quart strawberries hulled rinsed
- ☐ 1 cup sugar
- ☐ 1 vanilla pod

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut strawberries into medium-size dice. In a small saucepan over medium-low heat, add strawberries, 1/4 cup sugar, and lemon juice. Cook until berries are soft and the juices have thickened slightly, about 10 to 15 minutes. Set aside to cool.
- ☐ Heat the milk in a medium saucepan over medium-low heat until it starts to steam.
- ☐ Remove one cup of milk, set it aside, and keep it warm. Stir into the larger pan of milk the remaining sugar, the vanilla bean and seeds, and the rice. Lower heat and cook, stirring constantly, until the rice is tender, about 20 minutes.
- ☐ Add the reserved milk, lemon zest, butter, and salt. Stir well and remove from the heat. This should have a more liquid consistency than regular risotto.
- ☐ To serve, layer rice pudding and strawberry mixture in tall clear glasses. Chill.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:37.89, Inflammation Score:-6, Nutrition Score:14.128695902617%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg

0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 321.5kcal (16.07%), Fat: 7.28g (11.21%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 56.43g (20.52%), Sugar: 36.46g (40.51%), Cholesterol: 21.72mg (7.24%), Sodium: 74.03mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin C: 70.52mg (85.48%), Manganese: 0.72mg (36.08%), Folate: 86.34µg (21.59%), Phosphorus: 172.55mg (17.25%), Calcium: 167.28mg (16.73%), Vitamin B1: 0.24mg (15.77%), Fiber: 3.15g (12.58%), Vitamin B2: 0.21mg (12.22%), Potassium: 379.97mg (10.86%), Vitamin B12: 0.64µg (10.75%), Selenium: 6.69µg (9.55%), Vitamin B5: 0.92mg (9.17%), Magnesium: 35.51mg (8.88%), Iron: 1.56mg (8.68%), Vitamin D: 1.3µg (8.67%), Vitamin B6: 0.17mg (8.6%), Vitamin B3: 1.61mg (8.07%), Zinc: 0.93mg (6.22%), Vitamin A: 293.67IU (5.87%), Copper: 0.11mg (5.65%), Vitamin E: 0.49mg (3.24%), Vitamin K: 3.2µg (3.05%)