



Saffron Rice Pudding with Cranberries, Almonds, and Pistachios



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.7 cup rice
- ☐ 3 tablespoons dry-roasted pistachios shelled finely chopped
- ☐ 4 cups milk 1% low-fat divided
- ☐ 1 teaspoon orange rind grated
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.7 cup sugar

- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.1 teaspoon vanilla extract

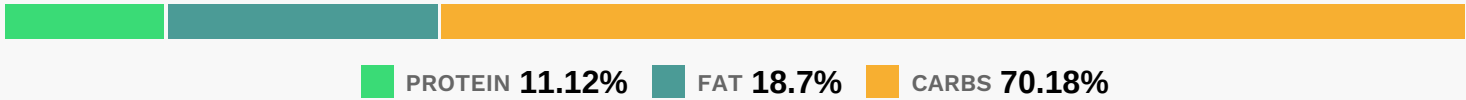
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Rinse rice with cold water; place in a small bowl. Cover with water to 1 inch above rice; soak 1 hour.
- ☐ Drain well.
- ☐ Combine 2 tablespoons milk and saffron in a small bowl; let stand 30 minutes.
- ☐ Place remaining milk in a medium saucepan; bring to a simmer over medium heat. Stir in rice, saffron mixture, and sugar; cook 30 minutes or until rice is tender, stirring occasionally.
- ☐ Stir in cranberries, almonds, and vanilla; cook 2 minutes.
- ☐ Remove from heat; stir in rind. Spoon about 1/2 cup rice mixture into each of 6 small bowls.
- ☐ Sprinkle each serving with 1 1/2 teaspoons pistachios.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:25.45, Inflammation Score:-4, Nutrition Score:9.8395652537761%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 318.22kcal (15.91%), Fat: 6.79g (10.45%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 55.45g (20.17%), Sugar: 37.81g (42.01%), Cholesterol: 7.87mg (2.62%), Sodium: 83.69mg (3.64%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 9.09g (18.17%), Manganese: 0.48mg (23.76%), Phosphorus: 228.78mg (22.88%), Calcium: 222.02mg (22.2%), Vitamin B2: 0.3mg (17.92%), Vitamin B12: 0.96µg (16%), Vitamin E: 1.79mg (11.96%), Magnesium: 46.91mg (11.73%), Vitamin D: 1.73µg (11.54%), Selenium: 7.28µg (10.39%), Potassium: 348.41mg (9.95%), Vitamin B5: 0.89mg (8.93%), Vitamin B1: 0.12mg (8.24%), Vitamin B6: 0.16mg (8.14%), Zinc: 1.21mg (8.06%), Fiber: 1.88g (7.53%), Vitamin B3: 1.47mg (7.33%), Copper: 0.13mg (6.4%), Vitamin A: 309.83IU (6.2%), Folate: 11.94µg (2.99%), Iron: 0.48mg (2.68%)