



Slow-baked clotted cream rice pudding



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



874 kcal

DESSERT

Ingredients

- ☐ 25 g butter
- ☐ 100 g short grain rice
- ☐ 450 ml milk
- ☐ 284 ml double cream
- ☐ 227 g clotted cream
- ☐ 1 vanilla pod split
- ☐ 85 g brown sugar
- ☐ 4 servings nutmeg freshly grated

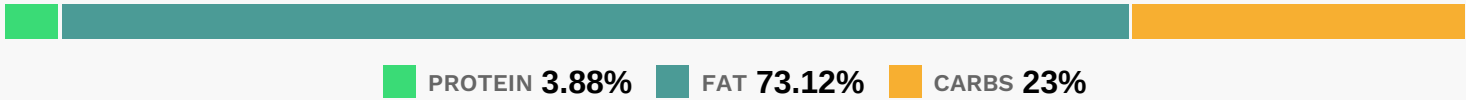
Equipment

☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Lightly butter a shallow ovenproof dish. Wash the rice well under cold water, then drain. Bring the milk and creams to the boil with the vanilla pod, add the rice and sugar, then stir well.
- ☐ Tip the rice into the prepared dish, then grate a little nutmeg over the top. Dot with knobs of butter, bake for 15 mins, lower the oven to 160C/fan 140C/gas 3, then bake for 1 hr more, by which time the pudding should be golden brown on top and creamy underneath.
- ☐ Serve with spoonfuls of my Quick raspberry jam (below).

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:18.11, Inflammation Score:-7, Nutrition Score:11.58347813202%

Nutrients (% of daily need)

Calories: 874.08kcal (43.7%), Fat: 71.65g (110.22%), Saturated Fat: 44.88g (280.51%), Carbohydrates: 50.69g (16.9%), Net Carbohydrates: 49.57g (18.03%), Sugar: 30.16g (33.51%), Cholesterol: 198.87mg (66.29%), Sodium: 110.08mg (4.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin A: 1623.12IU (32.46%), Calcium: 245.57mg (24.56%), Phosphorus: 223.02mg (22.3%), Vitamin B2: 0.31mg (18.22%), Vitamin D: 2.61µg (17.39%), Manganese: 0.34mg (16.81%), Folate: 62.53µg (15.63%), Vitamin B1: 0.23mg (15.18%), Vitamin B12: 0.75µg (12.52%), Selenium: 8.47µg (12.1%), Vitamin E: 1.62mg (10.78%), Potassium: 346.83mg (9.91%), Vitamin B5: 0.97mg (9.72%), Magnesium: 34.15mg (8.54%), Vitamin B6: 0.15mg (7.53%), Iron: 1.34mg (7.45%), Zinc: 0.98mg (6.51%), Vitamin B3: 1.25mg (6.24%), Copper: 0.09mg (4.6%), Fiber: 1.12g (4.46%), Vitamin K: 3.07µg (2.92%)