



Strawberry Rice Pudding Risotto



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



367 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio rice
- ☐ 1 lemon zest finely grated juiced
- ☐ 1 quart milk
- ☐ 1 quart strawberries hulled rinsed
- ☐ 1.5 cups sugar
- ☐ 1 vanilla pod
- ☐ 1.5 cups water

Equipment

☐ sauce pan

Directions

- ☐ Rinse and hull strawberries. In a small saucepan over medium heat, cook strawberries, 1/2 cup sugar, and lemon juice. When berries are soft, gently mash and set aside to cool.
- ☐ In a large saucepan, bring the water to a boil.
- ☐ Add the rice and cook until almost all the water has evaporated. Lower the heat to medium and add the milk, scraped vanilla seeds, and lemon zest. Stir frequently until the pudding has thickened, about 20 minutes. Stir in remaining sugar and allow to cool.
- ☐ To serve, swirl strawberry mixture into rice pudding. Alternately, layer pudding and strawberry mixture in tall clear glasses.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:50.53, Inflammation Score:-6, Nutrition Score:14.810434828634%

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 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 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: 366.9kcal (18.35%), Fat: 4.52g (6.95%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 76.97g (25.66%), Net Carbohydrates: 73.65g (26.78%), Sugar: 48.93g (54.37%), Cholesterol: 14.2mg (4.73%), Sodium: 49.09mg

(2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin C: 70.52mg (85.48%), Manganese: 0.79mg (39.35%), Folate: 100.68µg (25.17%), Vitamin B1: 0.27mg (18.11%), Phosphorus: 177.65mg (17.76%), Calcium: 168.08mg (16.81%), Fiber: 3.32g (13.28%), Vitamin B2: 0.21mg (12.47%), Potassium: 384.13mg (10.98%), Selenium: 7.67µg (10.96%), Vitamin B12: 0.64µg (10.65%), Iron: 1.83mg (10.18%), Vitamin B5: 0.99mg (9.94%), Vitamin B3: 1.87mg (9.35%), Magnesium: 37.32mg (9.33%), Vitamin B6: 0.18mg (9.12%), Vitamin D: 1.3µg (8.67%), Zinc: 1mg (6.7%), Copper: 0.13mg (6.7%), Vitamin A: 206.21IU (4.12%), Vitamin K: 2.96µg (2.82%), Vitamin E: 0.4mg (2.69%)