



## Vanilla-Chai Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

DESSERT

### Ingredients

- 0.7 cup rice
- 3 chai-spice tea bags
- 1 cinnamon sticks
- 2 large eggs
- 0.5 cup heavy cream
- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.5 cup sugar

- 0.3 cup pistachios unsalted shelled toasted chopped
- 1.5 teaspoons vanilla extract
- 2.5 cups milk whole

## Equipment

- bowl
- frying pan
- whisk
- hand mixer

## Directions

- In a pan over medium-high heat, mix 1 1/2 cups water, rice and cinnamon stick. Bring to a boil, reduce heat to low and cover. Cook until water is absorbed, about 10 minutes.
- Remove from heat; let stand 5 minutes. Discard cinnamon.
- In a pan, warm milk until bubbles just form around edges (do not boil).
- Remove from heat; add tea bags.
- Let steep 10 minutes.
- Remove tea bags and discard.
- Add rice and raisins; simmer for 10 minutes.
- In a bowl, whisk eggs, sugar and salt until pale yellow. Slowly pour egg mixture into milk mixture, whisking constantly. Cook over medium-low heat until liquid thickens (do not allow to boil), 2 to 3 minutes.
- Remove from heat; stir in vanilla.
- Pour into a bowl; let cool briefly. Cover and chill until cold, about 1 hour.
- In a bowl, with an electric mixer on high speed, whip cream until soft peaks form. Fold whipped cream into rice mixture. Spoon into 6 dessert bowls. Cover and chill for at least 2 hours.
- Sprinkle with pistachios just before serving.

## Nutrition Facts



■ PROTEIN 9.67% ■ FAT 35.83% ■ CARBS 54.5%

## Properties

Glycemic Index:38.85, Glycemic Load:28.43, Inflammation Score:-4, Nutrition Score:9.4565218376077%

## Nutrients (% of daily need)

Calories: 360.86kcal (18.04%), Fat: 14.61g (22.47%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 48.07g (17.48%), Sugar: 22.72g (25.25%), Cholesterol: 96.61mg (32.2%), Sodium: 169.58mg (7.37%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 8.87g (17.74%), Manganese: 0.43mg (21.68%), Phosphorus: 204.36mg (20.44%), Vitamin B2: 0.3mg (17.77%), Calcium: 168.28mg (16.83%), Selenium: 11.45µg (16.36%), Vitamin B12: 0.73µg (12.15%), Vitamin D: 1.77µg (11.79%), Vitamin A: 561.24IU (11.22%), Potassium: 373.78mg (10.68%), Vitamin B6: 0.21mg (10.62%), Vitamin B5: 0.93mg (9.28%), Vitamin B1: 0.13mg (8.76%), Copper: 0.17mg (8.35%), Fiber: 1.93g (7.71%), Magnesium: 30.41mg (7.6%), Zinc: 1.06mg (7.06%), Iron: 1.05mg (5.86%), Vitamin E: 0.56mg (3.7%), Vitamin B3: 0.68mg (3.39%), Folate: 13.28µg (3.32%), Vitamin K: 1.87µg (1.78%), Vitamin C: 0.95mg (1.15%)