



Vanilla Rice Pudding with Cherry and Rum Syrup

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 2 tbsp rum dark
- ☐ 0.5 cup double cream
- ☐ 3.5 oz cherries dried
- ☐ 2 tablespoons g muscovado sugar dark light
- ☐ 18 fl. oz. milk
- ☐ 3.5 oz rice
- ☐ 1 pinch salt

- ☐ 1 oz sugar
- ☐ 1 vanilla pod
- ☐ 3.5 fl. oz. water

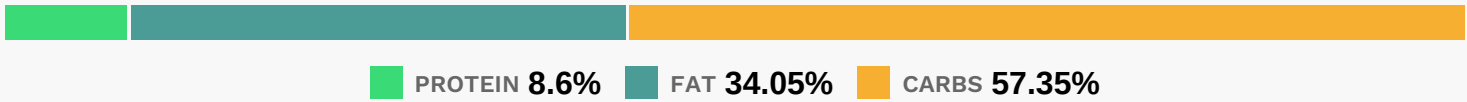
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Mix together the rice, cream, milk, sugar and salt.
- ☐ Cut the vanilla pod in half and use a knife to scrape out the seeds, then add these to the rice mixture. (If you like, put the vanilla pod in as well to add a little more flavour.)
- ☐ Pour the mixture into a 10–12 inch diameter ovenproof dish and bake for 2 hours.
- ☐ Meanwhile, make the syrup.
- ☐ Heat all of the ingredients in a small saucepan set over a medium heat. Bring to the boil, then reduce the heat and cook until the cherries have absorbed all of the liquid, stirring occasionally.
- ☐ Leave the rice pudding to cool a little, then serve warm or cold with the cherry and rum syrup.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:12.83, Inflammation Score:-6, Nutrition Score:5.8678260918545%

Nutrients (% of daily need)

Calories: 280.51kcal (14.03%), Fat: 10.25g (15.77%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.06g (13.48%), Sugar: 22.02g (24.47%), Cholesterol: 33.06mg (11.02%), Sodium: 51.08mg (2.22%), Alcohol: 1.67g (100%), Alcohol %: 1.22% (100%), Protein: 5.82g (11.65%), Vitamin A: 1022.33IU (20.45%),

Calcium: 145.61mg (14.56%), Phosphorus: 120.48mg (12.05%), Vitamin B2: 0.17mg (9.94%), Manganese: 0.19mg (9.37%), Vitamin D: 1.29µg (8.62%), Vitamin B12: 0.51µg (8.51%), Fiber: 1.77g (7.08%), Selenium: 4.85µg (6.93%), Vitamin B5: 0.55mg (5.54%), Potassium: 176.44mg (5.04%), Vitamin B6: 0.09mg (4.49%), Vitamin B1: 0.07mg (4.37%), Magnesium: 16.7mg (4.18%), Zinc: 0.6mg (3.98%), Iron: 0.45mg (2.52%), Copper: 0.05mg (2.27%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.25mg (1.63%)