



Warm Jasmine Rice Puddings with Passion Fruit

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1.3 cups jasmine rice
- ☐ 2.5 teaspoons lime zest grated
- ☐ 1.5 cups skim milk
- ☐ 0.5 cup raisins
- ☐ 3 tablespoons rum
- ☐ 0.5 teaspoon salt

- ☐ 6 tablespoons sugar
- ☐ 1.3 cups coconut milk unsweetened canned
- ☐ 0.5 vanilla pod halved lengthwise
- ☐ 1 cup whipping cream chilled
- ☐ 0.8 cup milk whole

Equipment

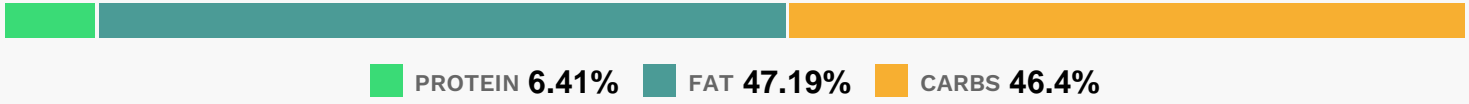
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Combine raisins and rum in small bowl.
- ☐ Let stand at room temperature while preparing pudding.
- ☐ Combine nonfat milk and next 4 ingredients in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer; remove from heat. Allow to steep uncovered 1 hour. Strain coconut broth.
- ☐ Rinse rice in medium bowl of cold water.
- ☐ Drain. Repeat 2 more times. Cook 1 cup coconut broth and rice in heavy medium saucepan over medium-high heat until almost all liquid is absorbed, stirring constantly, about 3 minutes.
- ☐ Add remaining coconut broth; cook over low heat until rice is tender, stirring frequently, about 13 minutes.
- ☐ Remove from heat. Stir in 6 tablespoons sugar (mixture will be thick).
- ☐ Transfer to large bowl; cool.
- ☐ Whip cream in medium bowl until cream holds peaks. Fold half of whipped cream into cooled rice.
- ☐ Drain raisins. Stir raisins and lime peel into rice. Fold in remaining whipped cream. Divide mixture among eight 3/4-cup ramekins or custard cups.

- ☐
- Preheat broiler.
- ☐
- Sprinkle 1/2 tablespoon sugar over each pudding.
- ☐
- Place puddings on rimmed baking sheet. Broil until sugar caramelizes, watching closely to prevent burning, about 3 minutes. Spoon passion fruit over puddings.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:25.19, Inflammation Score:-4, Nutrition Score:8.7226087580556%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 398.72kcal (19.94%), Fat: 20.76g (31.93%), Saturated Fat: 15.27g (95.45%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 43.85g (15.95%), Sugar: 14.58g (16.2%), Cholesterol: 37.74mg (12.58%), Sodium: 190.71mg (8.29%), Alcohol: 1.88g (100%), Alcohol %: 1.25% (100%), Protein: 6.34g (12.68%), Manganese: 0.76mg (38.15%), Phosphorus: 167.67mg (16.77%), Calcium: 129.81mg (12.98%), Selenium: 9.06µg (12.94%), Vitamin A: 569.7IU (11.39%), Vitamin B2: 0.18mg (10.62%), Potassium: 348.77mg (9.96%), Copper: 0.2mg (9.95%), Magnesium: 34.46mg (8.62%), Fiber: 2.07g (8.27%), Vitamin D: 1.23µg (8.22%), Vitamin B12: 0.44µg (7.29%), Vitamin B5: 0.69mg (6.94%), Zinc: 0.97mg (6.45%), Vitamin B6: 0.13mg (6.44%), Iron: 1.16mg (6.44%), Vitamin B1: 0.09mg (5.68%), Vitamin B3: 0.95mg (4.77%), Folate: 10.77µg (2.69%), Vitamin E: 0.38mg (2.56%), Vitamin C: 1.92mg (2.32%), Vitamin K: 1.23µg (1.17%)