



Warm Jasmine Rice Puddings with Passion Fruit



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



591 kcal

DESSERT

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 6 fruit halved
- ☐ 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

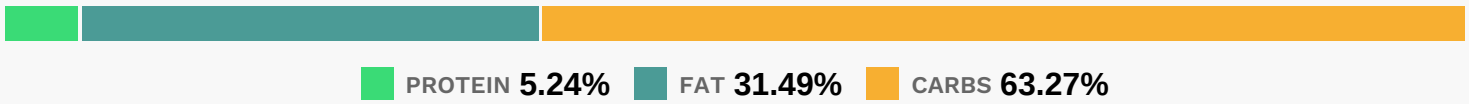
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ramekin
- ☐ broiler

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:-8, Nutrition Score:14.340000007464%

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: 591.1kcal (29.55%), Fat: 21.09g (32.45%), Saturated Fat: 15.31g (95.67%), Carbohydrates: 95.36g (31.79%), Net Carbohydrates: 87.9g (31.96%), Sugar: 52.55g (58.39%), Cholesterol: 37.74mg (12.58%), Sodium: 207.59mg (9.03%), Alcohol: 1.88g (100%), Alcohol %: 0.45% (100%), Protein: 7.89g (15.79%), Manganese: 0.85mg (42.71%), Vitamin A: 1588.95IU (31.78%), Fiber: 7.47g (29.87%), Copper: 0.45mg (22.6%), Phosphorus: 208.17mg (20.82%), Potassium: 649.14mg (18.55%), Vitamin K: 16.75µg (15.95%), Vitamin B2: 0.26mg (15.39%), Calcium: 146.68mg (14.67%), Selenium: 9.06µg (12.94%), Magnesium: 51.34mg (12.83%), Iron: 2.21mg (12.25%), Vitamin B3: 2.28mg (11.38%), Vitamin C: 9.34mg (11.32%), Vitamin B6: 0.18mg (9.14%), Zinc: 1.27mg (8.47%), Vitamin B1: 0.13mg (8.38%), Vitamin B5: 0.83mg (8.32%), Vitamin D: 1.23µg (8.22%), Vitamin B12: 0.44µg (7.29%), Folate: 17.52µg (4.38%), Vitamin E: 0.38mg (2.56%)