



## White Chocolate and Cardamom Rice Pudding with Marmalade and Cointreau Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

DESSERT

### Ingredients

- ☐ 3 cardamom pods whole seeds removed and ground to a powder
- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup half and half
- ☐ 0.3 cup jam
- ☐ 1.3 cups milk 1%
- ☐ 0.5 cup short grain rice
- ☐ 3.5 oz chocolate white grated

- ☐ 0.3 cup frangelico
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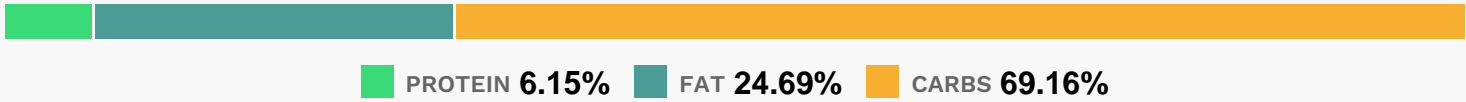
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Place the rice and sugar into a medium saucepan, then pour in the milk and half-and-half.
- ☐ Add the cardamom powder.
- ☐ Bring to a boil, then lower the heat and simmer for 15 to 20 minutes, until the rice is swollen and tender.
- ☐ Add a little hot water if it's looking a little dry.
- ☐ Remove from the heat and stir in the grated white chocolate. Cover the pan and set aside.
- ☐ To make the sauce, combine the marmalade with the Cointreau and heat gently in a pan.
- ☐ Divide the rice pudding between four bowls and drizzle with the sauce.
- ☐ Serve decorated with a few shavings of white chocolate, if desired.
- ☐ From Green & Black's Organic Ultimate Chocolate Recipes: The New Collection edited by Micah Carr-Hill. Text © 2010 by Cadbury Holdings Limited; Photographs copyright © 2010 by Jenny Zarins. Published in 2010 by Kyle Books, an imprint of Kyle Cathie Ltd.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:36.49, Inflammation Score:-4, Nutrition Score:10.039130376733%

## Nutrients (% of daily need)

Calories: 449.76kcal (22.49%), Fat: 12.44g (19.14%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 78.39g (26.13%), Net Carbohydrates: 76.91g (27.97%), Sugar: 51.31g (57.01%), Cholesterol: 19.73mg (6.58%), Sodium: 86.18mg

(3.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.95%), Manganese: 0.71mg (35.35%), Calcium: 208.23mg (20.82%), Phosphorus: 185.96mg (18.6%), Folate: 65.27µg (16.32%), Vitamin B2: 0.28mg (16.18%), Vitamin B1: 0.22mg (14.55%), Selenium: 8.3µg (11.85%), Vitamin B12: 0.68µg (11.27%), Potassium: 317.94mg (9.08%), Iron: 1.61mg (8.95%), Vitamin B5: 0.87mg (8.74%), Zinc: 1.05mg (7%), Vitamin B3: 1.38mg (6.91%), Magnesium: 27.41mg (6.85%), Vitamin B6: 0.14mg (6.78%), Fiber: 1.48g (5.93%), Vitamin D: 0.87µg (5.77%), Copper: 0.11mg (5.68%), Vitamin A: 268.71IU (5.37%), Vitamin C: 3.2mg (3.88%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.36mg (2.42%)