



## White Chocolate Rice Pudding with Cherries Jubilee and Sliced Almonds

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



640 kcal

DESSERT

### Ingredients

- 1 cup cherry preserves
- 2 large egg yolks
- 0.3 teaspoon ground cinnamon
- 3 tablespoons kirsch liqueur (cherry brandy)
- 1 tablespoon orange zest grated
- 0.3 teaspoon salt
- 0.3 cup slivered almonds toasted for garnish

- 0.7 cup sugar
- 1 tablespoon vanilla extract
- 6 servings whipped cream for garnish, optional
- 3 tablespoons whipping cream
- 4 ounces chocolate white chopped (recommended: Lindt or Valrhona)
- 0.7 cup rice long-grain white
- 4.5 cups milk whole

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine first 5 ingredients in a heavy, large saucepan. Cook over medium-low heat until mixture thickens and rice is very tender, stirring occasionally, about 1 hour.
- Reduce heat to low.
- Whisk egg yolks and cream together in a small bowl. Gradually whisk 1/2 cup rice mixture into egg mixture; return mixture to the saucepan and cook for 2 minutes, stirring constantly; do not let boil.
- Remove from the heat.
- Add white chocolate and stir until melted. Stir in the orange zest and cinnamon.
- Transfer pudding to a large bowl, cover, and chill until cold.
- Serve in bowls or large goblets with Warm Cherry Sauce, whipped cream, and toasted almonds on top, or layer in parfait glasses.
- Bring preserves and cinnamon to a simmer in a medium saucepan over low heat.
- Remove from the heat, add the kirsch, and carefully ignite with a long match or just warm through.

## Nutrition Facts



■ PROTEIN 7.09% ■ FAT 28.78% ■ CARBS 64.13%

## Properties

Glycemic Index:63.21, Glycemic Load:58.04, Inflammation Score:-4, Nutrition Score:12.754782573037%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 639.75kcal (31.99%), Fat: 19.96g (30.71%), Saturated Fat: 10.38g (64.88%), Carbohydrates: 100.07g (33.36%), Net Carbohydrates: 98.43g (35.79%), Sugar: 70.84g (78.71%), Cholesterol: 100.16mg (33.39%), Sodium: 208.41mg (9.06%), Alcohol: 3.25g (100%), Alcohol %: 1.23% (100%), Protein: 11.07g (22.13%), Calcium: 313.18mg (31.32%), Phosphorus: 306.63mg (30.66%), Vitamin B2: 0.47mg (27.39%), Vitamin B12: 1.23µg (20.57%), Manganese: 0.38mg (19.16%), Selenium: 12.38µg (17.68%), Vitamin D: 2.46µg (16.42%), Potassium: 457.23mg (13.06%), Vitamin B5: 1.25mg (12.51%), Vitamin E: 1.77mg (11.82%), Magnesium: 45.78mg (11.45%), Vitamin B1: 0.16mg (10.84%), Vitamin A: 539.68IU (10.79%), Vitamin B6: 0.2mg (10.04%), Zinc: 1.47mg (9.81%), Copper: 0.17mg (8.66%), Vitamin C: 6.49mg (7.87%), Fiber: 1.64g (6.56%), Folate: 20.24µg (5.06%), Iron: 0.85mg (4.73%), Vitamin B3: 0.88mg (4.38%), Vitamin K: 2.71µg (2.58%)