



White Chocolate Rice Pudding with Dried Cherry Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- 0.5 cup almonds toasted sliced
- 8 servings cherry sauce dried
- 4 cups half-and-half
- 0.8 cup rice medium-grain
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 vanilla pod split

- 1.5 cups water hot
- 0.8 cup chocolate morsels white

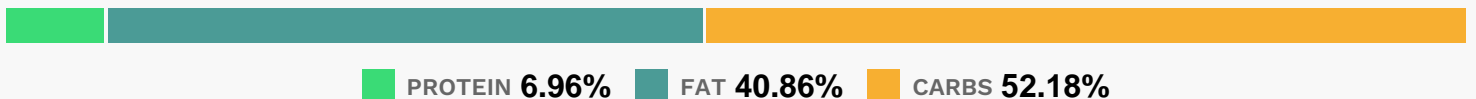
Equipment

- frying pan
- sauce pan

Directions

- Combine water and rice in a large saucepan. Bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
- Scrape seeds from vanilla bean into pan. Stir seeds, pod, sugar, half-and-half, and salt into rice. Cook over medium-low heat 30 minutes, stirring often.
- Remove vanilla bean pod.
- Add white chocolate morsels, stirring until melted.
- Let cool 5 minutes. Spoon rice pudding into 8 individual serving dishes. If not serving immediately, cover and chill. When ready to serve, top with Dried Cherry Sauce, and sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:28.38, Inflammation Score:-5, Nutrition Score:10.793043468309%

Flavonoids

Cyanidin: 42.44mg, Cyanidin: 42.44mg, Cyanidin: 42.44mg, Cyanidin: 42.44mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 7.03mg, Epicatechin: 7.03mg, Epicatechin: 7.03mg, Epicatechin: 7.03mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg 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: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg, Myricetin: 0.07mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 483.86kcal (24.19%), Fat: 22.73g (34.97%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 65.31g (21.77%), Net Carbohydrates: 61.39g (22.32%), Sugar: 45.62g (50.69%), Cholesterol: 45.89mg (15.3%), Sodium: 164.94mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Vitamin B2: 0.41mg (23.82%), Phosphorus: 221.65mg (22.17%), Manganese: 0.42mg (21.07%), Calcium: 203.08mg (20.31%), Potassium: 581.14mg (16.6%), Fiber: 3.92g (15.67%), Vitamin E: 2.05mg (13.69%), Vitamin C: 10.97mg (13.3%), Magnesium: 49.83mg (12.46%), Selenium: 7.56µg (10.8%), Copper: 0.21mg (10.52%), Vitamin A: 523.06IU (10.46%), Vitamin B5: 0.93mg (9.34%), Vitamin B6: 0.17mg (8.74%), Vitamin B1: 0.11mg (7.24%), Zinc: 1.07mg (7.13%), Vitamin K: 6.07µg (5.78%), Vitamin B12: 0.32µg (5.41%), Iron: 0.96mg (5.36%), Vitamin B3: 0.96mg (4.79%), Folate: 14.33µg (3.58%)