



White Chocolate Rice Pudding with Dried Cherry Sauce

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 0.5 cup cherries dried
- ☐ 1 teaspoon ginger fresh grated
- ☐ 4 cups half and half
- ☐ 2 cups merlot
- ☐ 1 teaspoon orange zest
- ☐ 0.8 cup rice medium-grain

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod split
- ☐ 1.5 cups water hot
- ☐ 0.8 cup chocolate chips white

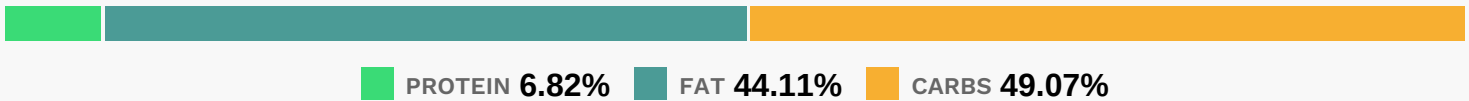
Equipment

- ☐ 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.
- ☐ Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat, and cook, uncovered, 27 minutes or until sauce coats a spon and is reduced to 1 cup, stirring occasionally. Cool completely.

Nutrition Facts



Properties

Glycemic Index:30.16, Glycemic Load:28.69, Inflammation Score:-6, Nutrition Score:8.7952174466589%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg 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: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg 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: 493.22kcal (24.66%), Fat: 22.47g (34.57%), Saturated Fat: 12.03g (75.19%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 54.52g (19.83%), Sugar: 38.23g (42.48%), Cholesterol: 45.89mg (15.3%), Sodium: 168.61mg (7.33%), Alcohol: 6.25g (100%), Alcohol %: 2.71% (100%), Protein: 7.82g (15.64%), Vitamin B2: 0.38mg (22.27%), Phosphorus: 205.96mg (20.6%), Manganese: 0.4mg (20.1%), Calcium: 196.92mg (19.69%), Vitamin A: 703.45IU (14.07%), Vitamin E: 1.96mg (13.05%), Selenium: 7.72µg (11.03%), Magnesium: 41.67mg (10.42%), Potassium: 346.96mg (9.91%), Zinc: 1.06mg (7.04%), Vitamin B6: 0.14mg (7.04%), Fiber: 1.72g (6.89%), Vitamin B5: 0.67mg (6.75%), Copper: 0.13mg (6.71%), Vitamin B12: 0.32µg (5.41%), Vitamin B1: 0.07mg (4.94%), Iron: 0.86mg (4.78%), Vitamin B3: 0.88mg (4.4%), Vitamin K: 3.13µg (2.98%), Folate: 9.42µg (2.36%), Vitamin C: 1.53mg (1.85%)