

Caramelized Apple Ginger Rice Pudding

Alison Ladman - Associated Press
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Servings: 6

- 3 tablespoons unsalted butter
- 3 medium apples, peeled, cored and diced
- 1 teaspoon cinnamon
- 1 cup Arborio rice
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1/2 cup diced candied ginger
- 4 cups milk, divided

In a medium saucepan over medium-high, melt the butter. Add the apples and cinnamon. Saute' until browned and caramelized, about 7 minutes.

Add the rice and stir to coat. Add the salt, sugar, ginger and one cup of the milk. Lower the heat to medium and cook, stirring frequently, until almost all of the milk the has been absorbed. Add another cup of milk and repeat with the stirring and cooking until almost entirely absorbed. Repeat with the remaining milk, one cup at a time, or until the rice is cooked through and the mixture is creamy.

Serve warm and, if desired, topped with whipped cream or ice cream.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 337 Calories; 11g Fat (30.3% calories from fat); 8g Protein; 51g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 175mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	337	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	60.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	11g	Folacin (mcg):	10mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 38mg
Carbohydrate (g): 51g
Dietary Fiber (g): 2g
Protein (g): 8g
Sodium (mg): 175mg
Potassium (mg): 330mg
Calcium (mg): 206mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 459IU
Vitamin A (r.e.): 119RE

Caffeine (mg):
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 1/2
Fat: 2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 337 **Calories from Fat:** 102

% Daily Values*

Total Fat 11g	18%
Saturated Fat 7g	35%
Cholesterol 38mg	13%
Sodium 175mg	7%
Total Carbohydrates 51g	17%
Dietary Fiber 2g	8%
Protein 8g	
Vitamin A	9%
Vitamin C	9%
Calcium	21%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.