

Cherry Almond Brown Rice Pudding

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Servings: 6

3 eggs, beaten
1 1/2 cups 1% low-fat milk
1/3 cup packed brown sugar
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1 teaspoon cinnamon
1 cup cooked brown rice
1/2 cup dried cherries
1/2 cup almonds (optional), toasted
and coarsely chopped

Preheat the oven to 350 degrees.

In a medium mixing bowl, combine the eggs, milk, sugar, vanilla, almond extract and cinnamon. Beat until well combined (but not foamy).

Stir in the rice and cherries. Pour the mixture into 1-1/2-quart baking casserole dish. Place the dish into a larger baking dish on an oven rack. Pour boiling water into the larger baking dish to a depth of one inch.

Bake for 45 to 55 minutes until a knife inserted near the center comes out clean.

Serve warm or at room temperature.

Garnish with almonds, if using.

Per Serving (excluding unknown items): 188 Calories; 4g Fat (17.0% calories from fat); 6g Protein; 33g Carbohydrate; 1g Dietary Fiber; 108mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	188	Vitamin B6 (mg):	.1mg
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	69.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	17mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 108mg
Carbohydrate (g): 33g
Dietary Fiber (g): 1g
Protein (g): 6g
Sodium (mg): 73mg
Potassium (mg): 186mg
Calcium (mg): 106mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 248IU
Vitamin A (r.e.): 72 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 3
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 188 Calories from Fat: 32

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	6%
Cholesterol	108mg	36%
Sodium	73mg	3%
Total Carbohydrates	33g	11%
Dietary Fiber	1g	6%
Protein	6g	
Vitamin A		5%
Vitamin C		1%
Calcium		11%
Iron		6%

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