

Rice Pudding with Cherries

Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370

Servings: 16

2 1/2 cups milk
1 cup sugar
2 1/2 cups whipping cream
1 1/2 cups uncooked short-grain Arborio rice
1 1/2 cups dried cherries
2 teaspoons vanilla
1/2 teaspoon almond extract
grated orange peel (if desired)
sliced almonds (if desired)

Preparation Time: 10 minutes

Spray a four- to five-quart slow cooker with cooking spray.

In a two-quart saucepan, heat the milk to simmering over medium heat. Stir in the sugar until dissolved. Remove from the heat.

In the slow cooker, mix the milk mixture and whipping cream with a whisk. Stir in the rice.

Cover and cook on LOW heat setting for two hours and 30 minutes, stirring twice, until the pudding is just set in the center.

Stir the cherries, vanilla and almond extract into the pudding. Cover and cook 15 minutes longer.

Serve warm, or cool completely, then cover and refrigerate at least three hours until chilled.

Garnish with orange peel and almonds.

Store covered in the refrigerator.

Start to Finish Time: 2 hours 55 minutes

Per Serving (excluding unknown items): 247 Calories; 15g Fat (54.1% calories from fat); 2g Protein; 27g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Desserts, Slow Cooker

Per Serving Nutritional Analysis

% Calories from Fat:	54.1%
% Calories from Carbohydrates:	42.2%
% Calories from Protein:	3.8%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	56mg
Carbohydrate (g):	27g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	35mg
Potassium (mg):	86mg
Calcium (mg):	70mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	595IU
Vitamin A (r.e.):	171RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 247 Calories from Fat: 133

		% Daily Values*
Total Fat	15g	23%
Saturated Fat	9g	47%
Cholesterol	56mg	19%
Sodium	35mg	1%
Total Carbohydrates	27g	9%
Dietary Fiber	1g	3%
Protein	2g	
Vitamin A		12%
Vitamin C		1%
Calcium		7%
Iron		0%

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