



Bombay Dream Rice Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

Ingredients

- ☐ 1 cup mahatma basmati rice uncooked
- ☐ 0.5 cup evaporated milk
- ☐ 0.5 teaspoon ground cardamom
- ☐ 3 cups milk
- ☐ 4 servings garnish: mint sprigs fresh
- ☐ 0.5 cup roasted salted finely chopped
- ☐ 0.5 cup sugar

Equipment

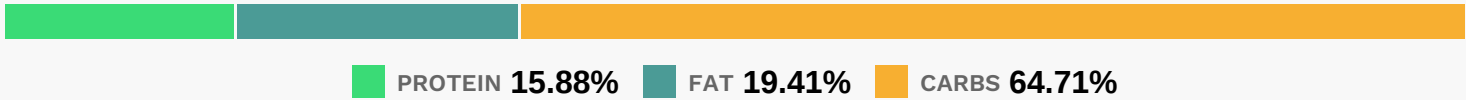
- ☐ bowl

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Bring rice and 4 cups water to a boil in a large saucepan over medium-high heat; reduce heat to low, and simmer, uncovered, 20 minutes.
- ☐ Drain rice, and return to saucepan.
- ☐ Stir milk and sugar into rice. Cook, uncovered, over low heat 40 minutes. Stir in evaporated milk and ground cardamom. Cook 5 minutes.
- ☐ Remove from heat. Stir in pistachios.
- ☐ Spread pudding into a 13- x 9-inch baking dish. Cover and chill 1 to 24 hours.
- ☐ Serve in dessert bowls.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.57, Glycemic Load:42.96, Inflammation Score:-4, Nutrition Score:14.156521828278%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 457.9kcal (22.9%), Fat: 9.85g (15.15%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 73.15g (26.6%), Sugar: 36.97g (41.08%), Cholesterol: 49.73mg (16.58%), Sodium: 120.34mg (5.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.26%), Phosphorus: 369.68mg (36.97%), Calcium: 325.37mg (32.54%), Manganese: 0.6mg (29.86%), Selenium: 19.53µg (27.9%), Vitamin B2: 0.44mg (25.76%), Vitamin B6: 0.43mg (21.42%), Vitamin B12: 1.19µg (19.82%), Vitamin B1: 0.28mg (18.8%), Vitamin B5: 1.58mg (15.76%), Potassium: 542.72mg (15.51%), Vitamin D: 2.16µg (14.42%), Zinc: 2.06mg (13.74%), Vitamin B3: 2.71mg (13.56%), Magnesium: 50.14mg (12.54%), Vitamin A: 414.23IU (8.28%), Copper: 0.13mg (6.59%), Iron: 0.69mg (3.82%), Fiber: 0.75g (3.01%), Folate: 7.36µg (1.84%), Vitamin E: 0.23mg (1.54%), Vitamin C: 0.97mg (1.17%)