



Cardamom Milk Pudding

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



192 kcal

DESSERT

Ingredients

- 0.3 cup tapioca/arrowroot flour
- 1 tablespoon cardamom pods white green crushed
- 2 tablespoons pistachios chopped
- 0.5 cup sugar
- 3.5 cups milk whole

Equipment

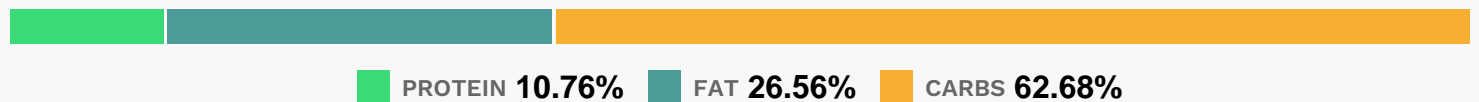
- bowl
- sauce pan

- whisk
- sieve
- wax paper

Directions

- Bring milk, cardamom pods, and a pinch of salt just to a boil in a 2-quart heavy saucepan, then remove from heat and let stand, covered, 5 minutes.
- Whisk together arrowroot and sugar in a large bowl, then whisk in hot milk mixture. Return to saucepan and simmer, stirring constantly, until thickened, about 2 minutes. Strain through a fine-mesh sieve into a bowl, discarding solids. Chill pudding, its surface covered with wax paper, until very cold, at least 4 hours.
- Serve sprinkled with nuts.
- Pudding can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:19.38, Inflammation Score:-2, Nutrition Score:6.2008696250294%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.11kcal (9.61%), Fat: 5.82g (8.95%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 30.11g (10.95%), Sugar: 23.67g (26.3%), Cholesterol: 17.08mg (5.69%), Sodium: 54.6mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Calcium: 184.54mg (18.45%), Manganese: 0.35mg (17.49%), Phosphorus: 158.14mg (15.81%), Vitamin B12: 0.77µg (12.81%), Vitamin B2: 0.21mg (12.08%), Vitamin D: 1.57µg (10.44%), Potassium: 251.43mg (7.18%), Vitamin B1: 0.1mg (6.9%), Vitamin B6: 0.13mg (6.6%), Magnesium: 22.61mg (5.65%), Vitamin B5: 0.55mg (5.53%), Vitamin A: 240.96IU (4.82%), Zinc: 0.72mg (4.8%), Selenium: 2.98µg

(4.26%), Fiber: 0.78g (3.12%), Copper: 0.04mg (2.09%), Iron: 0.27mg (1.5%)