



Cardamom Rice Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 cup rice
- ☐ 0.8 teaspoon ground cardamom divided
- ☐ 1 teaspoon orange-flower water
- ☐ 2.5 tablespoons pistachios chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 cups milk whole

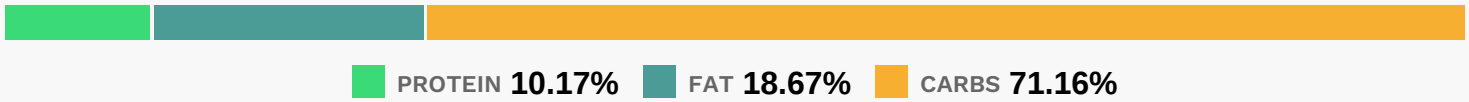
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 2 1/2 cups water and salt to a boil in a large saucepan.
- ☐ Add rice; cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Stir in the milk, sugar, and 1/2 teaspoon cardamom. Bring to a boil; reduce heat, and simmer, stirring frequently, 20 minutes or until rice is tender and the mixture is thick and creamy.
- ☐ Place in a large bowl; cool to room temperature, stirring occasionally. Stir in remaining 1/4 teaspoon cardamom and flower water. Chill 4 hours.
- ☐ Sprinkle with pistachios.

Nutrition Facts



Properties

Glycemic Index:24.03, Glycemic Load:21.55, Inflammation Score:-2, Nutrition Score:5.3460869601239%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.19kcal (10.06%), Fat: 4.2g (6.46%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 35.39g (12.87%), Sugar: 17.08g (18.98%), Cholesterol: 10.98mg (3.66%), Sodium: 181.45mg (7.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.29%), Manganese: 0.34mg (16.84%), Phosphorus: 130.83mg (13.08%), Calcium: 122.41mg (12.24%), Vitamin B2: 0.14mg (8.47%), Vitamin B12: 0.49µg (8.23%), Selenium: 5.47µg (7.81%), Vitamin D: 1.01µg (6.71%), Vitamin B6: 0.13mg (6.7%), Vitamin B1: 0.09mg (5.88%), Vitamin B5: 0.59mg (5.88%), Potassium: 190.25mg (5.44%), Magnesium: 20.03mg (5.01%), Zinc: 0.69mg (4.63%), Copper: 0.08mg (4.2%), Vitamin A: 157.96IU (3.16%), Vitamin B3: 0.5mg (2.49%), Fiber: 0.59g (2.38%), Iron: 0.31mg (1.73%)