



Cardamom Rice Pudding (Payasam)

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



343 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 1 tablespoon ghee melted (Ghee)
- 0.5 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.5 cup raisins
- 0.1 teaspoon salt
- 1 cup sugar raw grated (unrefined brown sugar) (such as Sugar in the)
- 0.7 cup rice long-grain white (not converted)

6 cups milk whole

Equipment

frying pan

sauce pan

Directions

Bring milk, rice, cardamom, cinnamon, and salt to a boil in a 3-quart heavy saucepan over medium-high heat. Reduce heat to medium-low and simmer, uncovered, stirring frequently, until rice is tender, about 20 minutes.

Add sugar and cook, stirring, until slightly thickened, about 5 minutes.

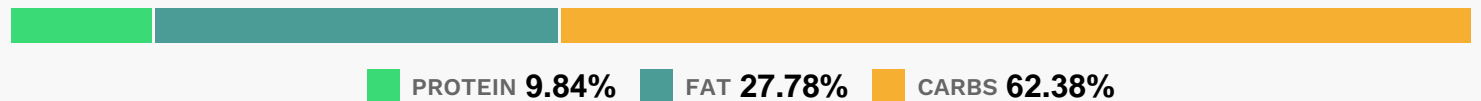
Heat ghee in a 10-inch heavy skillet over medium heat until hot, then cook almonds, stirring, until golden.

Add raisins and cook, stirring, until coated with ghee and slightly puffed.

Stir almond mixture into rice pudding and serve warm.

•Indian ingredients can be mail-ordered from Kalustyans.com.•Rice pudding can be made 1 day ahead and chilled. Reheat, thinning with warm milk, before serving.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:14.54, Inflammation Score:-3, Nutrition Score:9.6752172734426%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 342.91kcal (17.15%), Fat: 10.75g (16.54%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 52.71g (19.17%), Sugar: 33.87g (37.63%), Cholesterol: 26.76mg (8.92%), Sodium: 110.06mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Calcium: 251.54mg (25.15%), Phosphorus: 237.53mg (23.75%), Vitamin B2: 0.34mg (20.14%), Manganese: 0.39mg (19.41%), Vitamin B12: 0.99µg (16.47%), Vitamin D: 2.01µg (13.42%), Potassium: 418.07mg (11.94%), Magnesium: 44.88mg (11.22%), Vitamin E: 1.58mg (10.55%), Vitamin B1: 0.14mg (9.03%), Selenium: 6.1µg (8.71%), Vitamin B5: 0.87mg (8.7%), Vitamin B6: 0.16mg (8.11%), Zinc: 1.13mg (7.55%), Fiber: 1.6g (6.41%), Copper: 0.13mg (6.27%), Vitamin A: 296.7IU (5.93%), Iron: 0.69mg (3.82%), Vitamin B3: 0.75mg (3.75%), Folate: 4.04µg (1.01%)