



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

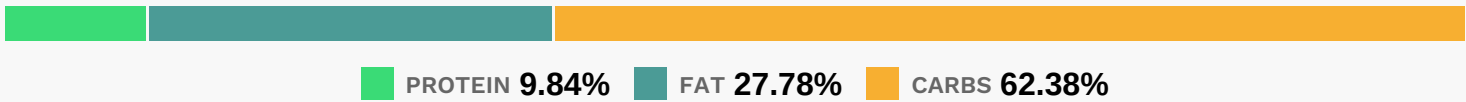
☐ frying pan

☐ 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 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: Og (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%)