



Cardamom Rice Pudding with Pistachios and Caramel



Vegetarian



Gluten Free



Popular

READY IN



240 min.

SERVINGS



8

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 1 cup granulated sugar (plus 2 tablespoon)
- ☐ 1.8 cup heavy cream divided ()
- ☐ 1 pinch kosher salt
- ☐ 8 servings pistachios as needed finely chopped for garnish (,)
- ☐ 0.3 cup aborio rice
- ☐ 1 pinch sea salt
- ☐ 0.5 cup water divided plus more for rice)

☐ 0.8 cup milk whole divided ()

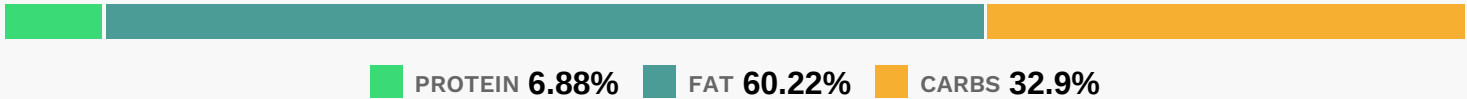
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Make the rice pudding: Using a whisk and a well-chilled bowl whip ½ cup heavy cream until soft peaks form. Set aside in the refrigerator.
- ☐ Combine rice salt and enough water to cover the rice by about ½-inch in a large heavy-bottomed sauce pan. Bring just to a boil, then strain the rice in a fine-mesh sieve. Return the rice to the same saucepan, add milk, vanilla bean, cardamom pods, 2 tablespoons sugar, and another ½ cup heavy cream. Set the mixture over low heat and cook until rice is al dente and the liquid is reduced by half, about 12 minutes.
- ☐ Combine the remaining 1 cup sugar and ¼ cup of the water in a small saucepan.
- ☐ Heat the mixture over low heat, stirring occasionally until the sugar is completely dissolved. Raise the heat to medium and cook without stirring until the syrup turns a rich caramel color. .
- ☐ Remove the pan from the heat add the remaining ¼ water, 3/4 cup cream and sea salt. It may splatter so please be careful.
- ☐ Transfer to a small pitcher and set aside to cool completely.To serve: Bring the pudding from the refrigerator. Gently pour enough caramel sauce to cover the surface (or to taste).
- ☐ Garnish with pistachios.

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:21.51, Inflammation Score:-6, Nutrition Score:9.9008695301802%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 465.45kcal (23.27%), Fat: 32.35g (49.78%), Saturated Fat: 13.97g (87.29%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 36.81g (13.39%), Sugar: 29.72g (33.02%), Cholesterol: 61.58mg (20.53%), Sodium: 34mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.63%), Vitamin B6: 0.52mg (25.88%), Manganese: 0.4mg (20.07%), Phosphorus: 197.15mg (19.71%), Copper: 0.39mg (19.34%), Vitamin A: 918.58IU (18.37%), Vitamin B1: 0.27mg (18.06%), Fiber: 2.96g (11.84%), Potassium: 377.92mg (10.8%), Vitamin B2: 0.18mg (10.7%), Magnesium: 41.86mg (10.47%), Calcium: 94.22mg (9.42%), Vitamin E: 1.14mg (7.61%), Vitamin D: 1.08µg (7.23%), Selenium: 4.98µg (7.11%), Iron: 1.21mg (6.71%), Zinc: 0.9mg (6.01%), Vitamin B5: 0.42mg (4.22%), Folate: 16.83µg (4.21%), Vitamin B12: 0.21µg (3.45%), Vitamin B3: 0.51mg (2.57%), Vitamin C: 1.88mg (2.28%), Vitamin K: 1.74µg (1.66%)