



Creamy Basmati Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

DESSERT

Ingredients

- ☐ 0.8 cup rice
- ☐ 4 cardamom pods crushed
- ☐ 8 ounces mascarpone cheese
- ☐ 8 servings pistachios chopped
- ☐ 0.3 teaspoon rosewater (optional; see notes)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream

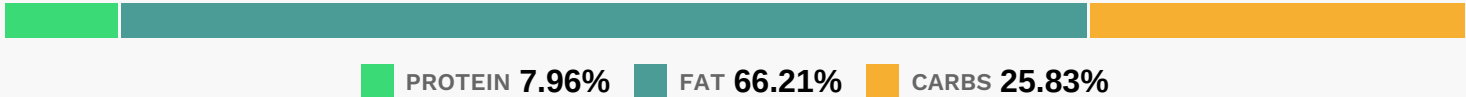
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring rice, cardamom, salt, and 1 1/2 cups water to a boil. Lower heat to maintain a simmer, cover, and cook until water is absorbed and rice is tender, 20 to 25 minutes. Fluff with a fork, cover, and let cool to room temperature. Discard cardamom pods.
- ☐ In a bowl, combine cream, sugar, mascarpone, and rose water (if using). Whip mixture with an electric mixer at medium speed, until thickened.
- ☐ Stir in rice. Spoon into eight bowls or dessert glasses. Cover and chill until cold, at least 1 hour. Just before serving, sprinkle with chopped pistachios.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:15.05, Inflammation Score:-6, Nutrition Score:10.368695756663%

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: 484.58kcal (24.23%), Fat: 36.41g (56.02%), Saturated Fat: 16.37g (102.34%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 28.58g (10.39%), Sugar: 11.35g (12.61%), Cholesterol: 61.97mg (20.66%), Sodium: 170.38mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Manganese: 0.81mg (40.29%), Vitamin B6: 0.52mg (25.86%), Copper: 0.41mg (20.5%), Vitamin A: 950.42IU (19.01%), Phosphorus: 176.18mg (17.62%), Vitamin B1: 0.26mg (17.58%), Fiber: 3.39g (13.56%), Magnesium: 42.59mg (10.65%), Potassium: 346.59mg

(9.9%), Calcium: 97.58mg (9.76%), Selenium: 5.52µg (7.89%), Iron: 1.41mg (7.84%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.95mg (6.35%), Vitamin E: 0.94mg (6.25%), Folate: 16.86µg (4.21%), Vitamin B5: 0.4mg (3.97%), Vitamin B3: 0.67mg (3.36%), Vitamin D: 0.48µg (3.17%), Vitamin C: 1.96mg (2.37%)