



Creamy Pistachio Pops



Vegetarian



Gluten Free

READY IN



735 min.

SERVINGS



6

CALORIES



425 kcal

Ingredients



12 ounce evaporated milk canned



0.5 teaspoon ground cardamom



1 cup heavy cream



1 Handful pistachios finely chopped for garnish



14 ounce condensed milk sweetened canned



4 earl grey tea bags

Equipment



bowl



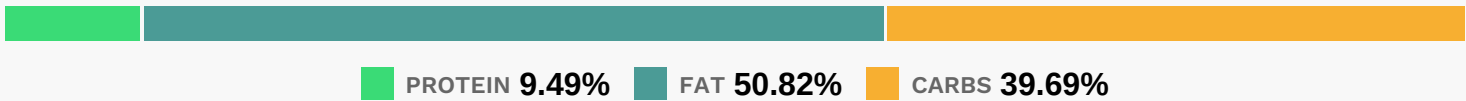
sauce pan

- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan over medium heat, bring the evaporated
- ☐ milk to a simmer until small bubbles form around the circumference of the pot.
- ☐ Meanwhile, snip the tops of the tea bags and add to the evaporated milk.
- ☐ Whisk in the
- ☐ cardamom. Once the milk is simmering, turn the heat off, cover and let sit and
- ☐ steep for 30 minutes.
- ☐ Strain the evaporated milk into a large bowl.
- ☐ Whisk in the
- ☐ condensed milk, heavy cream and pistachios.
- ☐ Pour the mixture into ice pop
- ☐ molds, small bowls or a large bowl. Cover the bowls with a piece of plastic
- ☐ wrap to avoid freezer burn and the formation of a "skin." Pop them
- ☐ into the freezer and freeze overnight.
- ☐ When you're ready to serve, run the ice pop mold under hot
- ☐ water to loosen it. You can do the same thing for the smaller bowls if you'd like
- ☐ to serve it as a little kulfi half dome.
- ☐ Garnish with more nuts if you like and
- ☐ serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:21.96, Inflammation Score:-5, Nutrition Score:9.4008694887161%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.54mg, Thearubigins: 0.54mg, Thearubigins: 0.54mg, Thearubigins: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 425.21kcal (21.26%), Fat: 24.45g (37.61%), Saturated Fat: 15.37g (96.05%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 42.9g (15.6%), Sugar: 42.85g (47.61%), Cholesterol: 83.76mg (27.92%), Sodium: 154.87mg (6.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Calcium: 362.84mg (36.28%), Vitamin B2: 0.53mg (31.15%), Phosphorus: 306.58mg (30.66%), Vitamin A: 895.92IU (17.92%), Selenium: 12.3µg (17.57%), Potassium: 458.71mg (13.11%), Vitamin B5: 0.96mg (9.6%), Magnesium: 34.19mg (8.55%), Zinc: 1.17mg (7.8%), Vitamin B12: 0.45µg (7.42%), Vitamin B1: 0.1mg (6.39%), Vitamin D: 0.82µg (5.49%), Vitamin B6: 0.08mg (3.96%), Vitamin E: 0.57mg (3.77%), Vitamin C: 3.08mg (3.73%), Folate: 13.52µg (3.38%), Manganese: 0.06mg (2.89%), Vitamin K: 2.01µg (1.91%), Iron: 0.3mg (1.68%), Vitamin B3: 0.28mg (1.39%), Copper: 0.03mg (1.31%)