



Egyptian Rice Pudding



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 2 pods cardamom whole green crushed
- ☐ 6 cups milk
- ☐ 8 servings pistachios chopped
- ☐ 0.8 cup rice flour
- ☐ 3 tablespoons rosewater
- ☐ 1 pinch saffron threads
- ☐ 0.8 cup sugar

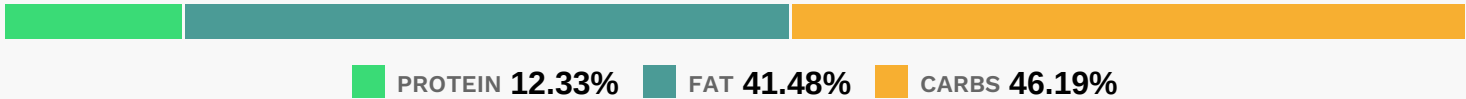
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the rice flour and sugar and add to a saucepan containing the milk. Slowly bring to a boil whisking vigorously for about 2 minutes, taking care not to scorch the mixture.
- ☐ Add cardamom and saffron and continue stirring for 1 more minute.
- ☐ Remove from heat, and add rosewater.
- ☐ Pour pudding into individual serving glasses and let cool completely. Refrigerate for about 2 hours. Top surface completely with finely chopped pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:25.15, Inflammation Score:-5, Nutrition Score:14.127826089444%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 395.82kcal (19.79%), Fat: 18.87g (29.03%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 43.91g (15.97%), Sugar: 29.68g (32.98%), Cholesterol: 21.96mg (7.32%), Sodium: 70.11mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Phosphorus: 337.64mg (33.76%), Manganese: 0.67mg (33.29%), Vitamin B6: 0.65mg (32.71%), Calcium: 258.1mg (25.81%), Vitamin B1: 0.37mg (24.52%), Copper: 0.39mg (19.43%), Vitamin B2: 0.31mg (17.94%), Potassium: 578.98mg (16.54%), Vitamin B12: 0.99µg (16.47%), Magnesium: 62.25mg (15.56%), Fiber: 3.38g (13.54%), Vitamin D: 2.01µg (13.42%), Selenium: 7.81µg (11.16%), Zinc: 1.53mg (10.17%), Vitamin B5: 0.95mg (9.51%), Vitamin A: 412.69IU (8.25%), Iron: 1.23mg (6.83%), Vitamin E: 0.75mg (5.01%), Vitamin B3: 0.95mg (4.75%), Folate: 14.89µg (3.72%), Vitamin C: 1.68mg (2.03%)