



Indian Rice Pudding

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



420 kcal

DESSERT

Ingredients

- 1 cup rice long grain cooked
- 0.8 cup coconut milk
- 1.5 ounces golden raisins
- 0.3 teaspoon ground cardamom
- 0.5 cup heavy cream
- 2 ounces sugar
- 1.5 ounces pistachios unsalted chopped
- 1 cup milk whole

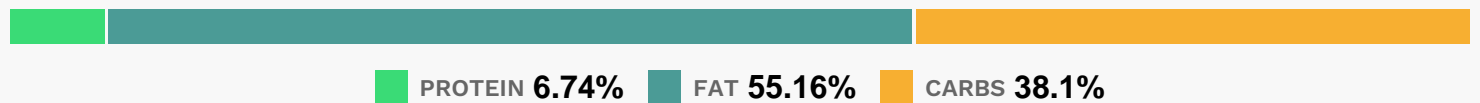
Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Watch how to make this recipe.
- In a large nonstick saute pan over medium heat, combine the cooked rice and milk.
- Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately 5 minutes.
- Increase the heat to medium, add the heavy cream, coconut milk, sugar, and cardamom and continue to cook until the mixture just begins to thicken again, approximately 5 to 10 minutes. Use a whisk to help prevent the cardamom from clumping. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and pistachios.
- Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:93.94, Glycemic Load:28.64, Inflammation Score:-5, Nutrition Score:9.6226086823837%

Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 420.46kcal (21.02%), Fat: 26.81g (41.25%), Saturated Fat: 16.64g (104%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 39.96g (14.53%), Sugar: 25.08g (27.87%), Cholesterol: 40.94mg (13.65%), Sodium: 39.19mg

(1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Manganese: 0.72mg (35.75%), Phosphorus: 198.84mg (19.88%), Copper: 0.3mg (15.14%), Vitamin B6: 0.25mg (12.5%), Calcium: 123.87mg (12.39%), Magnesium: 49.23mg (12.31%), Iron: 2.15mg (11.95%), Potassium: 415.18mg (11.86%), Vitamin B2: 0.19mg (11.37%), Vitamin A: 563.68IU (11.27%), Selenium: 6.24µg (8.91%), Vitamin B1: 0.13mg (8.82%), Vitamin D: 1.15µg (7.65%), Zinc: 1.05mg (6.97%), Fiber: 1.71g (6.85%), Vitamin B12: 0.38µg (6.28%), Vitamin B5: 0.59mg (5.92%), Vitamin B3: 0.78mg (3.9%), Vitamin E: 0.56mg (3.76%), Folate: 14.05µg (3.51%), Vitamin K: 2.91µg (2.77%), Vitamin C: 1.29mg (1.56%)