



Kheer (Rice Pudding)

 Vegetarian  Gluten Free  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 0.5 cup rice
- 2 cups coconut milk
- 0.5 teaspoon ground cardamom
- 2 cups milk
- 0.3 cup pistachios chopped
- 0.3 cup raisins
- 3 tablespoons sugar white

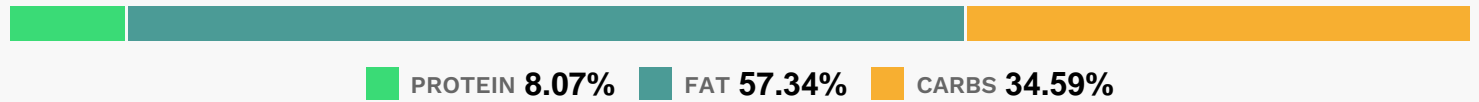
Equipment

- bowl
- sauce pan
- ladle

Directions

- Bring the coconut milk, milk and sugar to a boil in a large saucepan.
- Add basmati rice, and simmer over low heat until the mixture thickens and the rice is tender, about 20 minutes.
- Stir in the raisins, cardamom and rose water, and cook for a few more minutes. Ladle into serving bowls, and garnish with almonds and pistachios.

Nutrition Facts



Properties

Glycemic Index:89.52, Glycemic Load:26.77, Inflammation Score:-5, Nutrition Score:15.596086766409%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 518.97kcal (25.95%), Fat: 34.61g (53.25%), Saturated Fat: 24.35g (152.18%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 44.47g (16.17%), Sugar: 15.72g (17.46%), Cholesterol: 14.64mg (4.88%), Sodium: 65.01mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.93%), Manganese: 1.44mg (72.13%), Phosphorus: 330.86mg (33.09%), Iron: 4.7mg (26.13%), Magnesium: 100.52mg (25.13%), Copper: 0.49mg (24.61%),

Calcium: 204mg (20.4%), Potassium: 656.88mg (18.77%), Vitamin B2: 0.28mg (16.25%), Vitamin B6: 0.3mg (15.01%), Vitamin B1: 0.2mg (13.25%), Zinc: 1.77mg (11.8%), Vitamin E: 1.74mg (11.57%), Vitamin B12: 0.66µg (10.98%), Fiber: 2.5g (9.99%), Selenium: 6.69µg (9.56%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 1.34µg (8.95%), Vitamin B3: 1.63mg (8.15%), Folate: 24.39µg (6.1%), Vitamin A: 229.6IU (4.59%), Vitamin C: 2.1mg (2.55%)