



Layali Libnan (Lebanese nights)

 Vegetarian

READY IN



520 min.

SERVINGS



15

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 0.3 teaspoon juice of lemon
- 8 cups milk cold
- 0.3 cup pistachios finely chopped
- 3 tablespoons rosewater
- 1.5 cups semolina
- 2.3 cups water
- 1 cup whipping cream

- 1 tablespoon sugar white

Equipment

- frying pan
- sauce pan
- plastic wrap
- stove

Directions

- Pour the milk into a large saucepan and bring to a boil over medium-high heat. Reduce the heat, and slowly pour in the semolina in a steady stream, stirring continuously. Continue to stir and cook until the mixture thickens and boils for 1 to 2 minutes.
- Remove the pan from the heat and stir in the eggs and rose water.
- Pour the mixture into a 9x13 inch serving dish, or individual dishes. Allow the pudding to cool slightly, then cover with plastic wrap directly on the top. Refrigerate, covered, for at least 5 hours or overnight.
- Heat 1/2 cup of the sugar and 2 tablespoons of water in a heavy bottomed saucepan over medium-high heat. Stir to dissolve the sugar, then cook until the mixture turns golden brown. Immediately remove from the heat and stir in the rest of the water. Don't worry if the mixture bubbles and hardens a bit, it will dissolve. Return the pan to the stove, and stir in the remaining sugar until dissolved.
- Add the lemon juice, to the sugar syrup, and bring to a boil. Simmer for 10 minutes.
- Remove from heat, cover and chill. The syrup will keep for a month if refrigerated in a sealed container.
- To serve, whip the whipping cream with sugar until stiff peaks form.
- Spread a thin layer of whipped cream over the pudding.
- Sprinkle with chopped nuts.
- Cut into squares, and serve with caramel syrup poured around it.

Nutrition Facts



■ PROTEIN 14.75% ■ FAT 48.45% ■ CARBS 36.8%

Properties

Glycemic Index:12.01, Glycemic Load:9.17, Inflammation Score:-5, Nutrition Score:9.1595652090467%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 219kcal (10.95%), Fat: 11.87g (18.26%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.35g (7.04%), Sugar: 7.75g (8.62%), Cholesterol: 55.37mg (18.46%), Sodium: 64.04mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Selenium: 19.88µg (28.39%), Vitamin B2: 0.34mg (19.77%), Phosphorus: 188.37mg (18.84%), Calcium: 180.61mg (18.06%), Vitamin B1: 0.24mg (15.84%), Vitamin B12: 0.78µg (13.01%), Vitamin D: 1.8µg (12.02%), Vitamin A: 487.08IU (9.74%), Folate: 35.36µg (8.84%), Potassium: 277.55mg (7.93%), Vitamin B6: 0.16mg (7.93%), Vitamin B5: 0.73mg (7.27%), Magnesium: 28.95mg (7.24%), Manganese: 0.14mg (7.16%), Vitamin B3: 1.19mg (5.94%), Zinc: 0.89mg (5.91%), Iron: 0.95mg (5.3%), Copper: 0.08mg (4.01%), Fiber: 0.93g (3.73%), Vitamin E: 0.38mg (2.53%)