



Mahallebi



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



537 kcal

SIDE DISH

Ingredients

- ☐ 3 sticks pieces cinnamon 1 inch
- ☐ 5 tablespoons masa
- ☐ 0.8 cup heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 4 cups milk divided
- ☐ 2 cups pistachios finely chopped
- ☐ 8 servings vanilla extract to taste
- ☐ 2 cups water

☐ 2 cups sugar white

Equipment

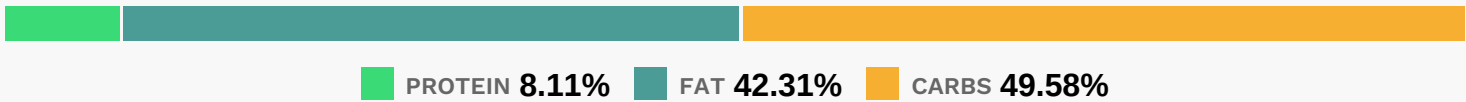
☐ bowl

☐ sauce pan

Directions

- ☐ In a small bowl, stir together corn flour and 1 cup milk.
- ☐ In a saucepan over high heat, stir together 3 cups milk, sugar, and vanilla. Bring to a boil. Stir the corn flour and milk mixture into the saucepan. Reduce the heat to low, and allow to cool slightly; then stir in cream, stirring constantly until the cream is thickened. Allow to cool momentarily, then pour into individual bowls or one large serving bowl.
- ☐ Sprinkle pistachio nuts on top. Cover, and refrigerate.
- ☐ To make the syrup, stir together water, sugar, and lemon juice in a saucepan set over high heat. Bring to a boil.
- ☐ Place cinnamon sticks in saucepan, and boil about 5 minutes. Strain liquid, and pour into a bowl. Allow to cool; cover, and refrigerate.
- ☐ Serve puddings cold with cold syrup drizzled over the top.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:38.04, Inflammation Score:-6, Nutrition Score:13.477391403654%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 536.88kcal (26.84%), Fat: 26.27g (40.41%), Saturated Fat: 9.14g (57.11%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 65.09g (23.67%), Sugar: 59.05g (65.61%), Cholesterol: 39.85mg (13.28%), Sodium: 56.61mg (2.46%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 11.33g (22.67%), Vitamin B6: 0.63mg (31.45%), Manganese: 0.63mg (31.37%), Phosphorus: 297.25mg (29.72%), Vitamin B1: 0.35mg (23.39%), Calcium: 218.67mg (21.87%), Copper: 0.43mg (21.49%), Fiber: 4.15g (16.6%), Vitamin B2: 0.28mg (16.18%), Potassium: 540.96mg (15.46%), Magnesium: 59.09mg (14.77%), Vitamin A: 657.45IU (13.15%), Vitamin B12: 0.69µg (11.58%), Vitamin D: 1.7µg (11.33%), Zinc: 1.35mg (8.97%), Selenium: 6.09µg (8.71%), Iron: 1.43mg (7.94%), Vitamin B5: 0.69mg (6.88%), Vitamin E: 1.01mg (6.75%), Folate: 18.3µg (4.57%), Vitamin B3: 0.64mg (3.19%), Vitamin C: 2.63mg (3.19%), Vitamin K: 1.49µg (1.42%)