



Malai Kulfi Ice Pops

 Gluten Free

READY IN



510 min.

SERVINGS



6

CALORIES



306 kcal

Ingredients

- 1 tablespoon cornstarch
- 1 teaspoon ground cardamom
- 0.5 cup roasted salted coarsely chopped
- 1 pinch saffron threads
- 14 ounce condensed milk sweetened canned
- 1 tablespoon water
- 2.5 cups milk whole

Equipment

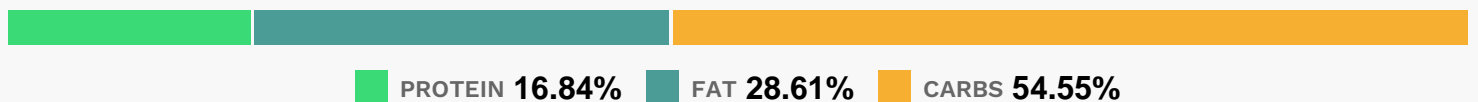
- bowl

- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap
- spatula

Directions

- Set a fine-mesh strainer over a medium heatproof bowl; set aside.
- Place the whole milk and condensed milk in a medium saucepan over medium heat and cook, whisking frequently, until the mixture begins to steam but does not come to a boil, about 7 minutes. Meanwhile, combine the cornstarch and water in a small bowl and stir until incorporated and the cornstarch has dissolved. When the milk mixture is ready, whisk in the cornstarch mixture. Reduce the heat to medium low and bring to a boil, stirring constantly with a spoon or rubber spatula until thickened, about 15 minutes.
- Remove the pan from the heat and whisk in the cardamom and saffron.
- Pour the mixture through the strainer and discard the contents of the strainer. Stir in the pistachios and then fill the pop molds halfway with the mixture. Freeze until almost solid, about 2 hours. Press a sheet of plastic wrap directly onto the surface of the remaining kulfi mixture to prevent a skin from forming, and refrigerate while the pops are in the freezer. After 2 hours, remove the remaining kulfi mixture from the refrigerator and stir to reincorporate the pistachios.
- Remove the molds from the freezer and divide the rest of the mixture among them. Insert the sticks and freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:23.77, Inflammation Score:-3, Nutrition Score:10.218260965917%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 305.51kcal (15.28%), Fat: 9.83g (15.13%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 42.08g (15.3%), Sugar: 40.88g (45.42%), Cholesterol: 47.11mg (15.7%), Sodium: 132.62mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.04%), Calcium: 315.29mg (31.53%), Phosphorus: 315.19mg (31.52%), Vitamin B2: 0.45mg (26.65%), Selenium: 17.22µg (24.6%), Vitamin B12: 0.94µg (15.68%), Vitamin B1: 0.2mg (13.63%), Potassium: 475.56mg (13.59%), Vitamin B6: 0.25mg (12.27%), Vitamin B5: 1.02mg (10.22%), Zinc: 1.42mg (9.46%), Vitamin D: 1.33µg (8.86%), Magnesium: 35.38mg (8.84%), Vitamin B3: 1.38mg (6.91%), Vitamin A: 341.36IU (6.83%), Manganese: 0.11mg (5.29%), Vitamin C: 1.8mg (2.18%), Folate: 7.28µg (1.82%), Iron: 0.29mg (1.59%), Copper: 0.02mg (1.24%), Vitamin E: 0.18mg (1.22%)