



Noah's Pudding

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

DESSERT

Ingredients

- 3 tablespoons almonds chopped
- 0.5 cup garbanzo beans canned rinsed drained
- 0.5 cup kidney beans canned rinsed drained
- 0.3 cup apricot dried finely chopped
- 0.3 cup figs dried finely chopped
- 0.5 cup quick-cooking barley uncooked
- 3 tablespoons pistachios chopped
- 3 tablespoons pomegranate seeds

- 0.3 cup raisins
- 1 tablespoon rice long-grain
- 1 tablespoon rice long-grain
- 1 tablespoon rosewater
- 0.3 teaspoon salt
- 0.5 cup sugar
- 4 cups water

Equipment

- food processor
- bowl
- sauce pan
- colander

Directions

- Place the barley and rice in a medium bowl, and cover with water to 2 inches above barley mixture. Cover and soak overnight.
- Drain.
- Place barley mixture, 4 cups water, and salt in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes.
- Remove from heat, and drain in a colander over a bowl, reserving 2 1/4 cups cooking liquid.
- Place 1 1/2 cups barley mixture and 1/4 cup reserved liquid in a food processor; process 2 minutes. Return pureed mixture to saucepan; add remaining barley mixture, remaining 2 cups reserved liquid, sugar, and next 5 ingredients (sugar through figs), stirring to combine. Bring to a boil. Reduce heat; simmer 30 minutes.
- Remove from heat; stir in rose water, and sprinkle with nuts and pomegranate seeds.

Nutrition Facts



PROTEIN 8.43% FAT 16% CARBS 75.57%

Properties

Glycemic Index:83.83, Glycemic Load:20.73, Inflammation Score:-4, Nutrition Score:8.9495652173913%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 267.44kcal (13.37%), Fat: 5g (7.69%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 46.37g (16.86%), Sugar: 24.44g (27.16%), Cholesterol: 0mg (0%), Sodium: 185.61mg (8.07%), Protein: 5.93g (11.86%), Manganese: 0.66mg (32.91%), Fiber: 6.77g (27.09%), Copper: 0.32mg (15.83%), Magnesium: 50.8mg (12.7%), Phosphorus: 126.73mg (12.67%), Selenium: 8.26µg (11.8%), Vitamin B6: 0.23mg (11.49%), Vitamin E: 1.68mg (11.2%), Potassium: 358.4mg (10.24%), Iron: 1.6mg (8.89%), Vitamin B1: 0.12mg (7.74%), Vitamin B2: 0.12mg (7.27%), Vitamin B3: 1.43mg (7.17%), Zinc: 0.95mg (6.33%), Calcium: 53.1mg (5.31%), Folate: 19.72µg (4.93%), Vitamin A: 217.17IU (4.34%), Vitamin K: 3.34µg (3.18%), Vitamin B5: 0.29mg (2.86%), Vitamin C: 1.56mg (1.89%)