

Noah's Pudding



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 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 rosewater
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 4 cups water

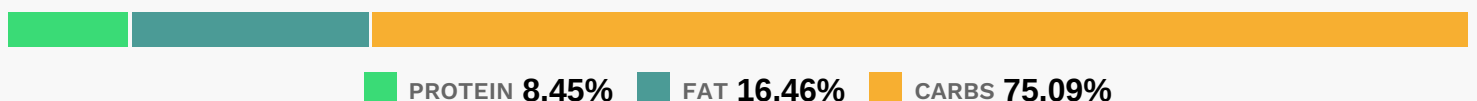
Equipment

- ☐ 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



Properties

Glycemic Index:73.63, Glycemic Load:19.54, Inflammation Score:-4, Nutrition Score:8.773913036222%

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: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 258.45kcal (12.92%), Fat: 4.98g (7.67%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 44.43g (16.16%), Sugar: 24.44g (27.16%), Cholesterol: 0mg (0%), Sodium: 185.49mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Manganese: 0.63mg (31.57%), Fiber: 6.74g (26.96%), Copper: 0.31mg (15.56%), Magnesium: 50.18mg (12.55%), Phosphorus: 123.9mg (12.39%), Vitamin B6: 0.23mg (11.29%), Selenium: 7.89µg (11.27%), Vitamin E: 1.68mg (11.18%), Potassium: 355.57mg (10.16%), Iron: 1.58mg (8.78%), Vitamin B1: 0.11mg (7.62%), Vitamin B2: 0.12mg (7.2%), Vitamin B3: 1.4mg (6.98%), Zinc: 0.92mg (6.15%), Calcium: 52.41mg (5.24%), Folate: 19.53µg (4.88%), Vitamin A: 217.17IU (4.34%), Vitamin K: 3.34µg (3.18%), Vitamin B5: 0.26mg (2.61%), Vitamin C: 1.56mg (1.89%)