



## Oats and Coconut Milk Pudding



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



698 kcal

DESSERT

### Ingredients

- ☐ 0.3 Teaspoon ground cardamom
- ☐ 3 Tablespoons cashew nuts broken into pieces
- ☐ 13.5 fl. oz. coconut milk
- ☐ 2 Teaspoons coconut oil
- ☐ 0.3 cup jaggery powdered sweet (Or More If You Have A Very Tooth)
- ☐ 0.3 cup cooking oats quick
- ☐ 2 Tablespoons raisins
- ☐ 0.5 cup water

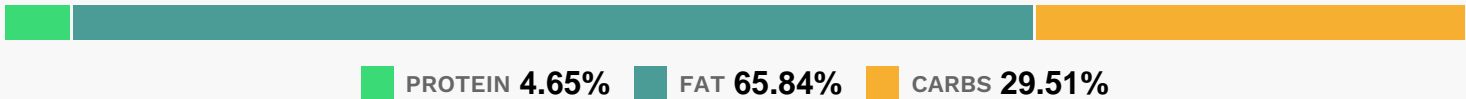
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove

# Directions

- ☐ In a heavy bottom sauce pan add the powdered jaggery and water.Once the jaggery dissolves completely, pour this syrup slowly into another vessel so the impurities in the jaggery will remain in the bottom of the sauce pan itself.Now clean the sauce pan and transfer the syrup back to the sauce pan itself.
- ☐ Let this syrup boil for 2 minutes. Now add the oats to the syrup and let it boil for another 3 minutes. By this time the oats would have cooked.Now add the coconut milk to the oats/jaggery mixture and combine it well. Once it boils, switch off the stove.In a small frying pan add the coconut oil. Once it heats add the cashew pieces and raisins and fry until golden brown.
- ☐ Add this and the cardamom powder to the oats pradhanan.

# Nutrition Facts



# Properties

Glycemic Index:136.5, Glycemic Load:16.66, Inflammation Score:-5, Nutrition Score:16.716086994047%

# Nutrients (% of daily need)

Calories: 697.87kcal (34.89%), Fat: 53.91g (82.94%), Saturated Fat: 42.36g (264.76%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 51.83g (18.85%), Sugar: 26.38g (29.31%), Cholesterol: 0mg (0%), Sodium: 35.25mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Manganese: 2.33mg (116.35%), Iron: 8.71mg (48.4%), Copper: 0.87mg (43.38%), Magnesium: 168.64mg (42.16%), Phosphorus: 338.68mg (33.87%), Potassium: 700.95mg (20.03%), Zinc: 2.36mg (15.74%), Vitamin B1: 0.18mg (11.96%), Fiber: 2.54g (10.15%), Selenium: 6.52µg (9.32%), Folate: 35.39µg (8.85%), Vitamin B3: 1.68mg (8.42%), Vitamin B6: 0.16mg (7.87%), Calcium: 61.64mg (6.16%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.51mg (5.14%), Vitamin C: 2.93mg (3.56%), Vitamin B2: 0.05mg (2.86%), Vitamin E: 0.21mg (1.4%)