



## Plum kulfis



Vegetarian



Gluten Free

READY IN



275 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

## Ingredients

- ☐ 3 cardamom pods
- ☐ 700 g plums halved
- ☐ 100 g caster sugar
- ☐ 400 ml condensed milk canned
- ☐ 150 ml milk
- ☐ 2 tbsp pistachios chopped

## Equipment

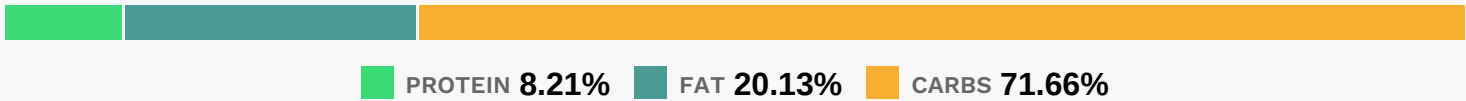
- ☐ food processor

- ☐ frying pan
- ☐ ramekin
- ☐ rolling pin
- ☐ mortar and pestle

## Directions

- ☐ Split the cardamom pods and remove the seeds, then crush the seeds with a pestle and mortar or the end of a rolling pin in a cup. Put in a pan with the plums, sugar and 5 tbsp water, then bring to the boil. Reduce the heat, cover, then cook for 10 mins until the plums are very soft. Tip into a food processor and blend until smooth.
- ☐ Pour into a jug and leave to cool.
- ☐ Mix together the condensed milk, milk and 300ml of the plum pure.
- ☐ Pour into 6 moulds, ramekins, plastic beakers or small cups, then freeze for 4 hrs or until firm.
- ☐ To serve, dip each mould briefly into hot water, then invert them onto small plates.
- ☐ Pour a little plum pure around each kulfi and sprinkle with chopped pistachios.

## Nutrition Facts



## Properties

Glycemic Index:38.46, Glycemic Load:45.31, Inflammation Score:-6, Nutrition Score:11.270869638609%

## Flavonoids

Cyanidin: 6.75mg, Cyanidin: 6.75mg, Cyanidin: 6.75mg, Cyanidin: 6.75mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg, Epicatechin 3-gallate: 0.89mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

## Nutrients (% of daily need)

Calories: 427.25kcal (21.36%), Fat: 9.91g (15.24%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 79.38g (26.46%), Net Carbohydrates: 77.21g (28.08%), Sugar: 76.55g (85.05%), Cholesterol: 32.41mg (10.8%), Sodium: 119.68mg (5.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Calcium: 290.22mg (29.02%), Phosphorus: 276.89mg (27.69%), Vitamin B2: 0.43mg (25.51%), Selenium: 13.53µg (19.32%), Manganese: 0.38mg (18.88%), Vitamin C: 13.68mg (16.58%), Potassium: 578.89mg (16.54%), Vitamin A: 684.87IU (13.7%), Vitamin B1: 0.15mg (9.9%), Magnesium: 38.99mg (9.75%), Vitamin B5: 0.91mg (9.13%), Fiber: 2.17g (8.68%), Vitamin B12: 0.52µg (8.64%), Zinc: 1.16mg (7.76%), Vitamin K: 8.06µg (7.68%), Vitamin B6: 0.14mg (6.92%), Copper: 0.12mg (5.86%), Folate: 16.59µg (4.15%), Vitamin B3: 0.74mg (3.69%), Vitamin E: 0.51mg (3.41%), Iron: 0.61mg (3.38%), Vitamin D: 0.46µg (3.04%)