



Pumpkin Kheer



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 10 almonds
- ☐ 0.5 Teaspoon ground cardamom
- ☐ 1 Tablespoon cashews broken into pieces
- ☐ 2 Teaspoons ghee
- ☐ 4 to 5 cups milk (Depends On The Consistency You Want)
- ☐ 1 cup pumpkin skinned cooked mashed
- ☐ 5 to 6 saffron strands
- ☐ 0.5 to)

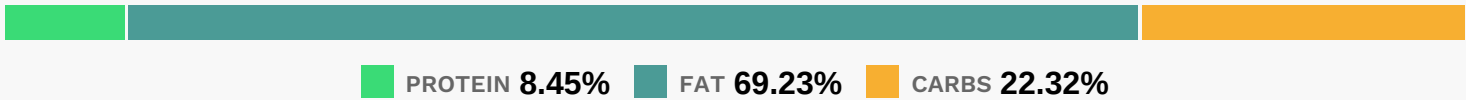
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ pressure cooker

Directions

- ☐ Cut the pumpkin into small cubes. If using a pressure cooker, drop the pumpkin cubes and add water just to cover it and leave it for 1 whistle and switch off the stove. Once the pressure releases, take out the pumpkin, remove the skin (it will peel off easily) and blend it smooth in a blender. Alternatively, you can also peel the skin and then pressure cook it. The pumpkins can also be cooked in a microwave oven.
- ☐ Remove the skin and grate the pumpkin, place it in a microwave safe bowl with little water, cook it for 5–6 minutes and then blend it. Meanwhile in a saucepan bring the milk to a boil.
- ☐ Add the pumpkin puree to the milk and let it simmer for another 10 minutes. Switch of the stove and add the sugar. The sugar will melt in the heat itself.

Nutrition Facts



Properties

Glycemic Index:58.06, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:3.9069564421864%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.83kcal (2.39%), Fat: 3.93g (6.05%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.98g (1.09%), Cholesterol: 5.22mg (1.74%), Sodium: 0.95mg (0.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin A: 1976.6IU (39.53%), Manganese: 0.18mg (8.9%), Vitamin E: 0.78mg (5.18%), Copper: 0.09mg (4.75%), Magnesium: 14.71mg (3.68%), Phosphorus: 32.98mg (3.3%), Potassium: 111.04mg (3.17%), Vitamin B2: 0.05mg (3.01%), Vitamin C: 2.18mg (2.64%), Iron: 0.43mg (2.37%), Fiber: 0.49g (1.96%), Zinc: 0.27mg (1.81%), Vitamin B1: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.33%), Calcium: 12.8mg (1.28%), Folate: 5.14µg (1.28%), Vitamin B3: 0.24mg (1.18%)