

Pumpkin Kulfi



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings slivered almond as needed
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1.5 cups evaporated milk canned (partly skimmed)
- ☐ 12 servings pistachios as needed chopped
- ☐ 1.5 cups pumpkin puree
- ☐ 4 servings strands saffron
- ☐ 1 pinch salt
- ☐ 300 ml condensed milk sweetened low fat canned ()

Equipment

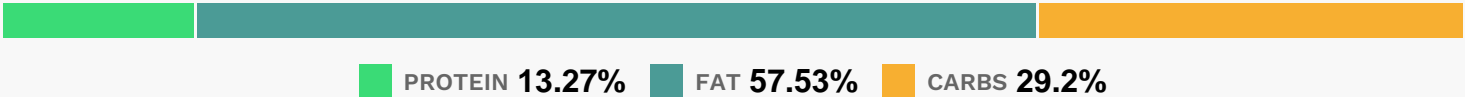
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ stove
- ☐ microwave
- ☐ pressure cooker

Directions

- ☐ Peel a piece of pumpkin (like the ones you can get in Indian grocery stores) and chop it into cubes. Cook it using a pressure cooker (add water just enough to cover the pumpkin pieces and leave it for 1 whistle or in a microwave oven.
- ☐ Drain the water and blend the cooked pieces into a smooth puree when it is cool enough. Measure 1 and 1/2 cups of this puree. (Check My Notes for store bought pumpkin puree). Empty the entire tin of evaporated milk in a medium size sauce pan.
- ☐ Heat it on low-medium. Once the skin starts forming in the milk; add the pumpkin puree and mix it well.
- ☐ Heat this mixture for another 7-8 minutes. Do not be tempted to increase the heat because chances are that the milk will get burnt and will stick to the bottom of the vessel giving an unpleasant taste later.
- ☐ Add a tin of condensed milk and the MTR powder to the above and let this mixture remain on stove for another 5 minutes. This should also be done on low heat.
- ☐ Remove the pan from heat. In a small cup add the saffron strands and couple drops of the hot milk; leave it for a while. After 2-3 minutes, dissolve the saffron in the milk with the tip of your fingers.
- ☐ Add this to the pumpkin mixture. Now add the cardamom powder, salt and nuts and mix well; let it cool completely. You can drink this as kheer/payasam or you can freeze it as kulfi. If you decide to drink it, I would suggest adding some more milk because the kheer will be very sweet. Once it is cold, pour the mixture in the molds and freeze it. I froze it overnight but 7-8 hours should be enough I guess. To serve it you can either dip it in hot water for just a few seconds so unmolding will be easy. (I got this idea from Jyoti). If you prefer eating straight from the cup, then remove the cup from the freezer and put it in the fridge 10-12 minutes

before serving and it reaches the perfect ice cream texture.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:12.01, Inflammation Score:-10, Nutrition Score:25.520000048306%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 488.95kcal (24.45%), Fat: 32.98g (50.74%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 30.11g (10.95%), Sugar: 25.21g (28.01%), Cholesterol: 20.13mg (6.71%), Sodium: 80.3mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.24%), Vitamin A: 5046.05IU (100.92%), Manganese: 1.18mg (58.87%), Vitamin E: 8.75mg (58.34%), Phosphorus: 438.88mg (43.89%), Vitamin B2: 0.64mg (37.55%), Copper: 0.72mg (35.85%), Magnesium: 138.87mg (34.72%), Fiber: 7.55g (30.19%), Calcium: 292.64mg (29.26%), Vitamin B6: 0.57mg (28.5%), Vitamin B1: 0.36mg (23.79%), Potassium: 791.61mg (22.62%), Iron: 2.8mg (15.56%), Zinc: 2.16mg (14.38%), Selenium: 8.84µg (12.63%), Folate: 37.54µg (9.39%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.7mg (8.48%), Vitamin C: 4.57mg (5.54%), Vitamin K: 5.28µg (5.03%), Vitamin B12: 0.19µg (3.21%)