



Raas Malaai (Baked Pudding)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 15 ounce carton part-skim ricotta cheese
- ☐ 0.3 cup pistachios chopped
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup milk whole

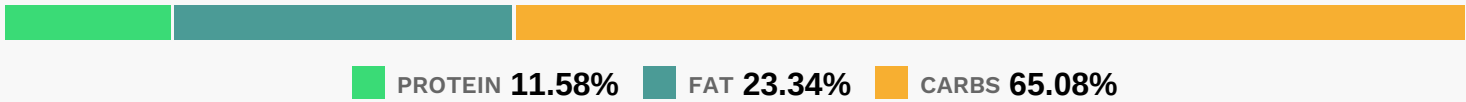
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a medium bowl.
- ☐ Spread evenly into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until edges are lightly browned and center is almost set. Cool on a wire rack.
- ☐ Cut pudding into 12 equal portions.
- ☐ Pour milk over pudding. Cover and refrigerate 8 hours or overnight.
- ☐ Sprinkle cardamom over pudding. Spoon 1 serving pudding and about 2 teaspoons milk into each of 12 small bowls, and top each serving with 1 teaspoon pistachios.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:17.77, Inflammation Score:-1, Nutrition Score:3.0039130332677%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 168.71kcal (8.44%), Fat: 4.48g (6.89%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.85g (10.13%), Sugar: 25.95g (28.83%), Cholesterol: 12.61mg (4.2%), Sodium: 73.98mg (3.22%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 5g (10.01%), Calcium: 116.13mg (11.61%), Selenium: 6.51µg

(9.29%), Phosphorus: 91.15mg (9.12%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.59mg (3.94%), Vitamin A: 168.67IU (3.37%), Vitamin B6: 0.06mg (2.95%), Vitamin B12: 0.18µg (2.93%), Potassium: 92.13mg (2.63%), Magnesium: 10.13mg (2.53%), Vitamin B1: 0.04mg (2.49%), Copper: 0.05mg (2.38%), Manganese: 0.04mg (2.12%), Iron: 0.27mg (1.51%), Vitamin B5: 0.15mg (1.5%), Folate: 5.91µg (1.48%), Vitamin D: 0.18µg (1.23%), Fiber: 0.27g (1.08%)