



Rice Pudding - Indian-Style

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

DESSERT

Ingredients

- 2 teaspoons almonds chopped
- 2 teaspoons cashew pieces chopped
- 1 cup ghee (clarified butter)
- 2 teaspoons pistachios chopped
- 0.5 cup rice white
- 1.5 cups sugar white
- 4 cups milk whole divided

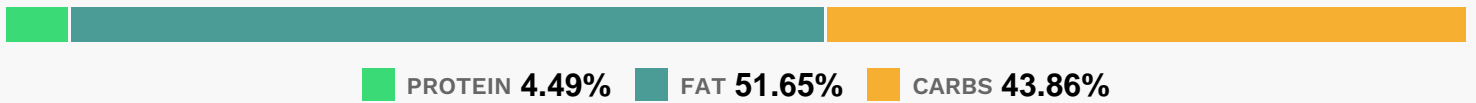
Equipment

- frying pan
- sauce pan
- blender
- spatula

Directions

- Bring rice and 2 cups milk to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Mash rice with a spatula or in a blender until smooth.
- Add remaining 2 cups milk and cook until thick, about 10 more minutes. Stir sugar into rice pudding.
- Slowly mix ghee into rice pudding, keeping the saucepan over medium-low heat, until pudding no longer sticks to sides of pan, about 5 minutes.
- Garnish with cashews, pistachios, and almonds.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:34.02, Inflammation Score:-1, Nutrition Score:5.5786955878139%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 472.29kcal (23.61%), Fat: 27.75g (42.69%), Saturated Fat: 16.38g (102.37%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 52.65g (19.15%), Sugar: 43.46g (48.29%), Cholesterol: 72.24mg (24.08%), Sodium: 47.93mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Calcium: 157.34mg (15.73%), Phosphorus: 151.08mg (15.11%), Vitamin B2: 0.19mg (11.42%), Vitamin B12: 0.66µg (10.98%), Manganese: 0.18mg (9.07%), Vitamin D: 1.34µg (8.95%), Selenium: 4.61µg (6.59%), Potassium: 217.63mg (6.22%), Magnesium: 24.43mg (6.11%), Vitamin B5: 0.59mg (5.9%), Vitamin B1: 0.09mg (5.87%), Vitamin B6: 0.11mg (5.42%), Zinc: 0.74mg (4.96%),

Vitamin A: 199.73IU (3.99%), Copper: 0.07mg (3.66%), Vitamin E: 0.35mg (2.35%), Vitamin B3: 0.37mg (1.84%),
Fiber: 0.37g (1.47%), Iron: 0.25mg (1.39%)