

Rice Pudding (Kheer)

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



477 kcal

DESSERT

Ingredients

- 0.3 cup almonds finely chopped
- 4 pods cardamom
- 2 quarts milk
- 2 teaspoons rosewater
- 0.5 cup rice white uncooked
- 1.5 cups sugar white

Equipment

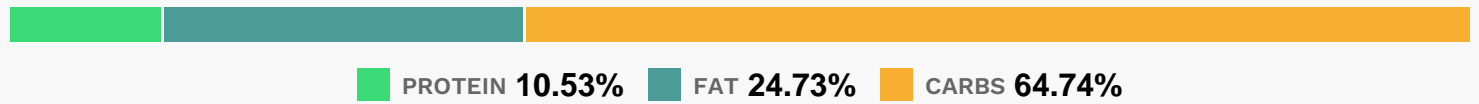
- bowl

sauce pan

Directions

- Place the rice in a small bowl and cover with water. Soak for one hour.
- Drain the rice and place it in a large, heavy saucepan with the milk over low heat. Cook, covered 50 minutes, stirring occasionally, until tender. Stir in sugar and cardamom and cook 20 minutes more.
- Remove from the heat and stir in the rose water.
- Serve topped with almonds.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:48, Inflammation Score:-5, Nutrition Score:14.363478306843%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 476.69kcal (23.83%), Fat: 13.42g (20.64%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 79.06g (26.35%), Net Carbohydrates: 77.74g (28.27%), Sugar: 65.35g (72.61%), Cholesterol: 37.85mg (12.62%), Sodium: 121.44mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.71%), Calcium: 413.96mg (41.4%), Phosphorus: 367.37mg (36.74%), Manganese: 0.69mg (34.59%), Vitamin B2: 0.52mg (30.75%), Vitamin B12: 1.7µg (28.39%), Vitamin D: 3.47µg (23.13%), Potassium: 550.5mg (15.73%), Magnesium: 60.85mg (15.21%), Vitamin B5: 1.36mg (13.61%), Vitamin B1: 0.2mg (13.49%), Selenium: 8.87µg (12.67%), Zinc: 1.75mg (11.68%), Vitamin B6: 0.23mg (11.45%), Vitamin E: 1.7mg (11.33%), Vitamin A: 511.09IU (10.22%), Copper: 0.11mg (5.35%), Fiber: 1.32g (5.27%), Vitamin B3: 0.81mg (4.04%), Iron: 0.56mg (3.09%)