



Rice Pudding with Pistachios, Raisins and Saffron



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons ghee
- ☐ 0.5 cup golden raisins
- ☐ 6 cardamom pods green crushed
- ☐ 0.8 cup jasmine rice
- ☐ 0.5 cup natural pistachios shelled
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 cup sugar

☐ 2 quarts milk whole

Equipment

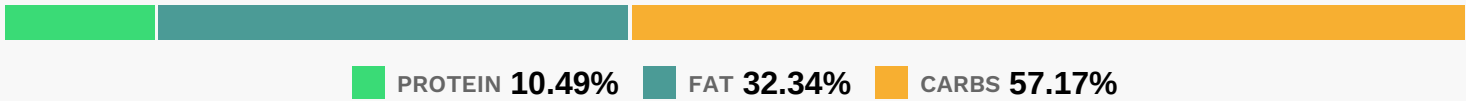
☐ frying pan

☐ pot

Directions

- ☐ Simmer milk with rice, sugar, cardamom, and saffron in 7- to 8-quart heavy pot, stirring often, until reduced by half, 45 to 50 minutes. Discard cardamom.
- ☐ Heat ghee in a heavy skillet over moderate heat until melted, then cook pistachios and raisins, stirring, until nuts are lightly browned, about 2 minutes. Stir half of pistachio mixture into payasam and sprinkle remainder on top.
- ☐ Serve payasam warm or chilled. You can make payasam, without pistachio mixture, 1 day ahead and chill, covered. Cook nut mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:53.16, Glycemic Load:45.53, Inflammation Score:-5, Nutrition Score:16.783043317173%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 546.14kcal (27.31%), Fat: 20.17g (31.03%), Saturated Fat: 9.61g (60.03%), Carbohydrates: 80.22g (26.74%), Net Carbohydrates: 77.82g (28.3%), Sugar: 56.4g (62.67%), Cholesterol: 50.65mg (16.88%), Sodium: 123.38mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.43%), Manganese: 0.99mg (49.35%), Calcium: 419.64mg (41.96%), Phosphorus: 412.89mg (41.29%), Vitamin B2: 0.5mg (29.18%), Vitamin B12: 1.7µg (28.39%), Vitamin D: 3.47µg (23.13%), Vitamin B6: 0.45mg (22.41%), Potassium: 718.09mg (20.52%), Vitamin B1:

0.29mg (19.13%), Magnesium: 64.86mg (16.21%), Selenium: 10.49µg (14.98%), Vitamin B5: 1.48mg (14.81%), Zinc: 1.96mg (13.08%), Copper: 0.24mg (12.06%), Vitamin A: 553.59IU (11.07%), Fiber: 2.4g (9.6%), Iron: 1.1mg (6.11%), Vitamin B3: 0.99mg (4.97%), Vitamin E: 0.43mg (2.89%), Folate: 7.44µg (1.86%), Vitamin C: 1.38mg (1.68%), Vitamin K: 1.39µg (1.33%)