



## Ridge Gourd Kheer



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

## Ingredients

- ☐ 4 servings little cardamom powder
- ☐ 4 servings cashew pieces as needed for garnishing
- ☐ 5 cashew pieces whole with the vegetable)
- ☐ 2 Tablespoons condensed milk
- ☐ 4 servings purple gel food coloring green as needed
- ☐ 2 cups milk ) for cooking the ridge gourd (i used skim milk instead of water
- ☐ 2 Teaspoons ghee the nuts for frying
- ☐ 1 big ridge gourd

- ☐ 1 to 2 cups water for cooking the ridge gourd
- ☐ 0.3 to per your taste sugar

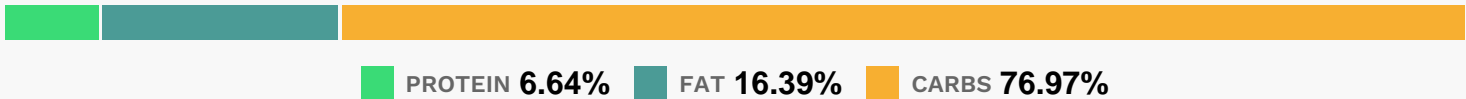
## Equipment

- ☐ frying pan
- ☐ blender
- ☐ immersion blender

## Directions

- ☐ Wash the ridge gourd under running water and peel the coarse ridges. Discard it and then peel the skin and save it for grinding chutney.
- ☐ Cut the gourd into small pieces. I pressure cooked the gourd, 2 cups of skim milk and 5 cashews for 2 whistles.While the ridge gourd is cooking, boil the 4 cups of milk in a heavy bottomed vessel.Wait for the pressure to release and grind the cooked vegetable in a blender. I used an immersion blender and got a very smooth ridge gourd puree.
- ☐ Add this puree to the boiling milk and let it cook for another 10 minutes or until you are not able to smell the vegetable. Keep stirring once in a while so that the bottom of the vessel does not scorch.
- ☐ Add the condensed milk, sugar and cardamom powder and the food color if you wish.
- ☐ Let this mixture simmer for a while.Meanwhile heat the ghee in a small frying pan and fry cashews, raisins and add it to the kheer.
- ☐ Serve it hot or cold.

## Nutrition Facts



## Properties

Glycemic Index:62.44, Glycemic Load:16.27, Inflammation Score:-3, Nutrition Score:6.3391304080901%

## Nutrients (% of daily need)

Calories: 169.45kcal (8.47%), Fat: 3.31g (5.09%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 32.35g (11.77%), Sugar: 5.61g (6.24%), Cholesterol: 3.4mg (1.13%), Sodium: 25.25mg (1.1%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Manganese: 0.56mg (27.91%), Magnesium: 62.92mg (15.73%), Copper: 0.29mg (14.37%), Potassium: 382.28mg (10.92%), Fiber: 2.6g (10.41%), Phosphorus: 102.31mg (10.23%), Vitamin C: 8.05mg (9.76%), Iron: 1.62mg (8.97%), Calcium: 64.43mg (6.44%), Vitamin B2: 0.1mg (6.12%), Zinc: 0.9mg (6%), Vitamin B6: 0.08mg (3.95%), Vitamin B1: 0.06mg (3.83%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.03µg (2.9%), Vitamin B5: 0.13mg (1.34%)