

Saffron Kulfi



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.1 teaspoon salt
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 tablespoons water
- ☐ 0.8 cup whipping cream

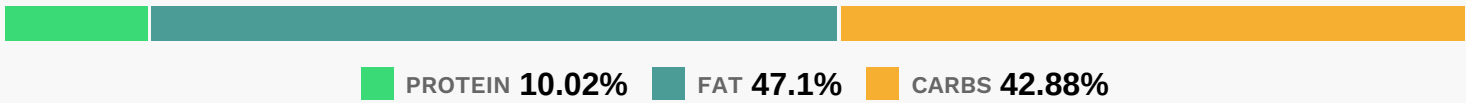
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine 2 tablespoons water and saffron in a small microwave-safe bowl; microwave at HIGH 20 seconds.
- ☐ Combine saffron mixture and remaining ingredients in an 8-inch square baking dish, stirring with a whisk. Cover with plastic wrap; freeze 8 hours or overnight.
- ☐ Let soften slightly at room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:5.3265217782363%

Nutrients (% of daily need)

Calories: 234.16kcal (11.71%), Fat: 12.47g (19.19%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 25.53g (9.28%), Sugar: 25.53g (28.36%), Cholesterol: 43.53mg (14.51%), Sodium: 120.51mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.93%), Calcium: 213.74mg (21.37%), Vitamin B2: 0.31mg (18.01%), Phosphorus: 179.89mg (17.99%), Selenium: 7.19µg (10.28%), Vitamin A: 449.75IU (9%), Potassium: 267.7mg (7.65%), Vitamin B5: 0.56mg (5.6%), Magnesium: 19.84mg (4.96%), Zinc: 0.68mg (4.54%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (3.69%), Vitamin D: 0.4µg (2.66%), Vitamin B6: 0.04mg (2.18%), Vitamin C: 1.79mg (2.17%), Folate: 7.8µg (1.95%), Vitamin E: 0.28mg (1.88%)