

Semolina Pudding

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cinnamon sticks
- ☐ 1.5 cups milk
- ☐ 1 cup semolina flour
- ☐ 1 cup water
- ☐ 1.5 cups sugar white

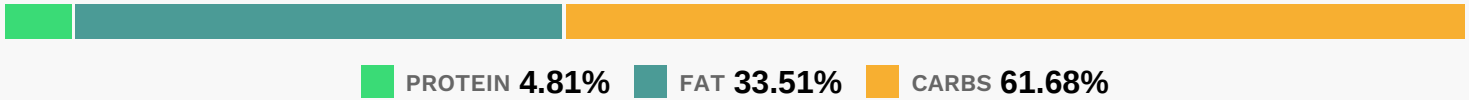
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, combine water, milk, sugar and cinnamon. Bring to a boil and remove from heat.
- ☐ Remove cinnamon stick.
- ☐ In another saucepan, melt butter over medium heat. Allow it to bubble, but not to brown. Reduce the heat to low and stir in the semolina, a little at a time, until mixture is thick and smooth. Allow it to brown slightly, then stir in the milk mixture, a little at a time. Continue to stir until mixture has progressed from creamy to thick.
- ☐ Place halva in a gelatin mold or glass dish.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:36.18, Glycemic Load:46.42, Inflammation Score:-5, Nutrition Score:8.2965217011616%

Nutrients (% of daily need)

Calories: 466.97kcal (23.35%), Fat: 17.75g (27.31%), Saturated Fat: 10.9g (68.14%), Carbohydrates: 73.52g (24.51%), Net Carbohydrates: 72.12g (26.23%), Sugar: 52.86g (58.73%), Cholesterol: 47.99mg (16%), Sodium: 147.62mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Selenium: 26.7µg (38.14%), Vitamin B1: 0.26mg (17.49%), Vitamin B2: 0.26mg (15.31%), Manganese: 0.28mg (13.98%), Folate: 51.84µg (12.96%), Vitamin A: 573.27IU (11.47%), Phosphorus: 104.6mg (10.46%), Calcium: 91.86mg (9.19%), Vitamin B3: 1.76mg (8.78%), Iron: 1.3mg (7.21%), Vitamin B12: 0.36µg (6.03%), Fiber: 1.4g (5.61%), Magnesium: 21.6mg (5.4%), Vitamin D: 0.67µg (4.47%), Potassium: 151.63mg (4.33%), Vitamin B5: 0.41mg (4.13%), Zinc: 0.58mg (3.87%), Vitamin E: 0.56mg (3.7%), Vitamin B6: 0.07mg (3.38%), Copper: 0.07mg (3.27%), Vitamin K: 1.69µg (1.61%)