



Shrikhand



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup confectioners sugar to taste
- ☐ 0.8 teaspoon ground cardamom
- ☐ 1 mangos cut into thin slices
- ☐ 1 pinch saffron threads
- ☐ 1 quart whole-milk yogurt plain
- ☐ 0.3 cup coconut or shredded unsweetened
- ☐ 2 tablespoons water

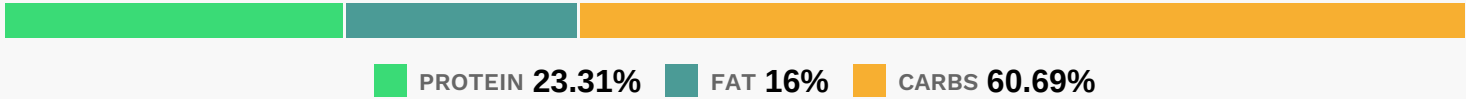
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ mortar and pestle
- ☐ cutting board
- ☐ cheesecloth

Directions

- ☐ In a small pan, toast the saffron over low heat, stirring, until brittle, about 2 minutes. Remove and pulverize in a mortar with a pestle or on a cutting board with the side of a large knife blade.
- ☐ Put the yogurt in a large bowl.
- ☐ Put the saffron back into the pan and add the cardamom and water. Bring just to a simmer, stirring.
- ☐ Whisk the saffron mixture into the yogurt.
- ☐ Put the yogurt mixture in a strainer lined with cheesecloth, a coffee filter, or a paper towel and set it over a bowl.
- ☐ Let drain in the refrigerator for 1 hour.
- ☐ Transfer the yogurt to a bowl.
- ☐ Add the 1/3 cup sugar, or more to taste. With an electric mixer, beat the yogurt until slightly thickened, 2 to 3 minutes.
- ☐ Pour into bowls and refrigerate until well chilled, or put in the freezer until very cold but not frozen, about 30 minutes.
- ☐ Meanwhile, in a small frying pan, toast the coconut over low heat, stirring, until golden, about 2 minutes.
- ☐ Serve the shrikhand topped with the mango and coconut.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:3.6, Inflammation Score:-6, Nutrition Score:14.75173901475%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 242.01kcal (12.1%), Fat: 4.4g (6.77%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 35.67g (12.97%), Sugar: 35.47g (39.41%), Cholesterol: 4.73mg (1.58%), Sodium: 185.5mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.85%), Calcium: 479.79mg (47.98%), Phosphorus: 391.36mg (39.14%), Vitamin B2: 0.58mg (34.22%), Vitamin C: 21.14mg (25.63%), Vitamin B12: 1.44µg (24.05%), Potassium: 726.41mg (20.75%), Vitamin B5: 1.66mg (16.65%), Zinc: 2.49mg (16.59%), Manganese: 0.31mg (15.65%), Selenium: 9.96µg (14.23%), Magnesium: 56.32mg (14.08%), Folate: 51.18µg (12.79%), Vitamin A: 576.56IU (11.53%), Vitamin B6: 0.21mg (10.27%), Vitamin B1: 0.13mg (8.82%), Fiber: 1.88g (7.52%), Copper: 0.14mg (7.13%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.49mg (3.28%), Iron: 0.55mg (3.05%), Vitamin K: 2.66µg (2.54%)