



Sweet Rice (Zarda)

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

16

CALORIES

calories

401 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 tablespoon almonds chopped
- ☐ 10 pods cardamom whole
- ☐ 3 tablespoons heavy cream
- ☐ 0.3 teaspoon orange food coloring
- ☐ 2 teaspoons orange zest grated
- ☐ 1 tablespoon raisins
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon walnuts chopped

- ☐ 4 cups rice white uncooked
- ☐ 4 cups sugar white

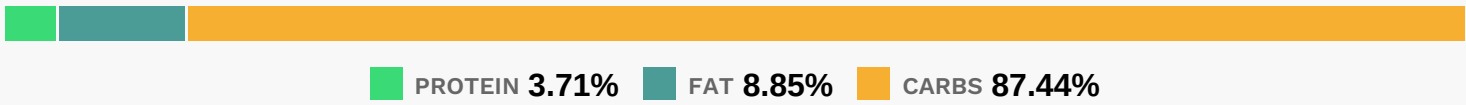
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the rice in a bowl with water to cover and soak one hour.
- ☐ Bring a large pot of water to boil with food color and half the cardamom pods. Stir in the rice, reduce heat, cover and simmer until tender, 20 minutes.
- ☐ In a large skillet over low heat, cook remaining cardamom pods in oil 2 minutes. Stir in cooked, drained rice, and sugar. Cover and cook 5 minutes.
- ☐ Remove from heat and stir in cream, raisins, walnuts, almonds and orange zest.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.07, Glycemic Load:57.6, Inflammation Score:-1, Nutrition Score:5.1069564433849%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 400.51kcal (20.03%), Fat: 3.99g (6.14%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 88.73g (29.58%), Net Carbohydrates: 87.57g (31.84%), Sugar: 50.08g (55.65%), Cholesterol: 3.18mg (1.06%), Sodium: 4.09mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.89mg (44.67%), Selenium: 7.43µg (10.62%), Copper: 0.13mg (6.49%), Phosphorus: 62.97mg (6.3%), Vitamin B5: 0.48mg (4.84%), Fiber: 1.16g

(4.65%), Magnesium: 17.63mg (4.41%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.09mg (4.31%), Vitamin B3: 0.8mg (3.99%), Iron: 0.64mg (3.56%), Vitamin K: 3.28µg (3.12%), Vitamin B2: 0.05mg (2.92%), Vitamin B1: 0.04mg (2.68%), Vitamin E: 0.38mg (2.54%), Potassium: 86.45mg (2.47%), Calcium: 23.05mg (2.31%), Folate: 4.8µg (1.2%)