



## Ukrainian Grain Pudding



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.5 teaspoon cinnamon
- ☐ 7 apricot dried thinly sliced
- ☐ 0.5 cup honey
- ☐ 1.5 cups quick-cooking barley
- ☐ 0.8 cup poppy seeds
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sugar

## Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ sieve

☐ baking pan

☐ casserole dish

## Directions

☐ In medium saucepan over high heat, combine barley and 5 cups water. Cover and bring to boil, then reduce heat to low and simmer until tender, about 30 minutes, adding more water if necessary to keep barley covered.

☐ Meanwhile, bring small saucepan water to boil. Stir in poppy seeds, then remove from heat and let stand, covered, 30 minutes.

☐ Meanwhile, in small, dry skillet over moderate heat, toast almonds, shaking pan constantly, until browned and fragrant, about 4 minutes. Set aside.

☐ In fine-mesh sieve, drain poppy seeds, then transfer to food processor. Process until finely ground. When barley is tender, drain, reserving 1/2 cup of liquid. (If there isn't enough, add water to make 1/2 cup.)

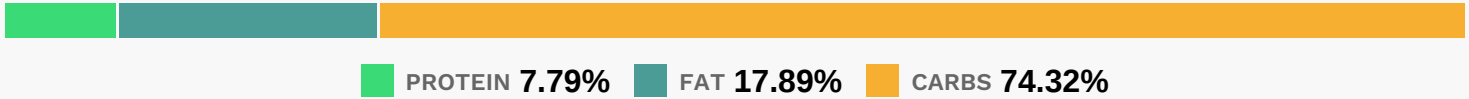
☐ Transfer barley to large bowl. Stir in reserved liquid, honey, and salt. Stir in toasted almonds, ground poppy seeds, apricots, and raisins.

☐ Preheat the oven to 325°F. Lightly butter 8-inch square baking dish or 2-quart shallow casserole dish. Press barley mixture evenly into pan.

☐ Bake 20 minutes, then cool in pan, cover, and chill overnight.

☐ In small bowl, whisk together sugar and cinnamon. Spoon chilled kutia into small bowls, sprinkle with cinnamon-sugar if desired, and serve.

# Nutrition Facts



## Properties

Glycemic Index:19.55, Glycemic Load:12.45, Inflammation Score:-4, Nutrition Score:9.0691304543744%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 231.32kcal (11.57%), Fat: 4.87g (7.49%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 39.11g (14.22%), Sugar: 18.8g (20.89%), Cholesterol: 0mg (0%), Sodium: 103.58mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Manganese: 0.89mg (44.53%), Fiber: 6.42g (25.69%), Selenium: 10.71µg (15.29%), Copper: 0.29mg (14.31%), Magnesium: 55.43mg (13.86%), Phosphorus: 136.53mg (13.65%), Calcium: 113.48mg (11.35%), Iron: 1.73mg (9.59%), Vitamin E: 1.3mg (8.67%), Zinc: 1.21mg (8.05%), Vitamin B1: 0.12mg (7.76%), Vitamin B3: 1.55mg (7.76%), Potassium: 254.82mg (7.28%), Vitamin B2: 0.1mg (5.83%), Vitamin B6: 0.11mg (5.36%), Vitamin A: 173.97IU (3.48%), Folate: 13.5µg (3.37%), Vitamin B5: 0.15mg (1.45%)