

Kheer (Indian Rice Pudding)

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/long-grain-rice-recipe-indian>

Ingredients:

- 6 tablespoons jasmine rice
- 2 tablespoons unsalted butter
- 1/2 teaspoon saffron lightly crushed
- 1/2 teaspoon ground cardamom
- 6 cups milk
- 6 tablespoons light brown sugar
- 1/4 cup slivered almonds toasted
- 1/4 cup pistachios thinly sliced

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 40 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 7 grams
8. Sodium: 220 milligrams
9. Sugar: 34 grams

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