

Indian Rice Pudding (Kerala Payasam)

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-rice-pudding-recipe-with-coconut-milk>

Ingredients:

- 1/2 cup rice ~ I used basmati
- 3 cups full-fat milk ~ If you soak the rice, start with 2 1/2 cups
- 1 cup coconut milk
- 1/2 cup sugar ~ Granulated or brown sugar or jaggery
- 6 cardamom pods
- 1/2 teaspoon ground cardamom
- 2 tablespoons ghee ~ Or coconut oil if preferred, for garnishes, optional
- 1 tablespoon cashews ~ Optional
- 1 tablespoon pistachios ~ Optional
- 1 tablespoon raisins ~ Optional
- 1 tablespoon flaked almonds ~ Optional
- 1 coconut flakes tablepoon large, ~ Optional
- 1 pinch saffron ~ Optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 20 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 17 grams
8. Sodium: 90 milligrams
9. Sugar: 37 grams

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