

# Pressure Cooker Quinoa Kheer {Indian Quinoa Pudding}

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-quinoa>

## Ingredients:

- 2 teaspoons ghee
- 1/2 cup quinoa
- 2 1/2 cups whole milk
- 4 tablespoons sweetened condensed milk or to taste
- 1/8 cup raw almonds skinned and coarsely ground
- 1 teaspoon ghee
- raw cashews roasted in Ghee
- saffron strands
- raisins roasted in Ghee

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 45 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 9 grams
8. Sodium: 190 milligrams
9. Sugar: 45 grams

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