

# Sago pudding

Yield: 4 min  
Total Time: 16 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-sago-pudding-recipe>

## Ingredients:

- 2 cups skim milk skim/
- 1/2 cup sago
- 2 eggs
- 1/4 cup sugar
- 1 teaspoon vanilla essence

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 110 milligrams
4. Fat: 2.5 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 100 milligrams
8. Sugar: 19 grams

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