

# RASMALAI

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/best-pakistani-rasmalai-recipe>

## Ingredients:

- 4 cups whole milk
- 3 tablespoons sugar
- 1/4 teaspoon cardamom powder
- 8 saffron threads
- almonds chopped – 1 1/2 tbsp
- pistachios chopped – 1 1/2 tbsp

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 25 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 6 grams
8. Sodium: 105 milligrams
9. Sugar: 23 grams

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