

Instant Pot Dudhi Basundi

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/calabash-recipe-chinese>

Ingredients:

- 1 pound calabash dudhi or lauki
- 1 tablespoon ghee
- 1/3 cup sugar
- 1 teaspoon cardamom
- 2 cups low fat milk
- 1/4 teaspoon saffron
- 2 1/2 cups low fat milk or whole milk
- 2 tablespoons pistachios sliced

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 3 grams
8. Sodium: 130 milligrams
9. Sugar: 34 grams

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