

# Kulfi

Yield: 4 min  
Total Time: 360 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-almond-kulfi-recipe>

## Ingredients:

- 1 liter full cream milk
- 200 grams khoya khova/, /mawa, grated
- 1/4 cup white sugar regular, or to taste
- 1/4 cup pistachio unsalted
- 1/4 cup almond
- 1/4 teaspoon fennel seeds
- 3 green cardamom pods crushed
- 1 teaspoon ghee
- 3 saffron – 4 strands of, optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 25 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 6 grams
8. Sodium: 115 milligrams
9. Sugar: 26 grams

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