

Kulfi Falooda, Milk with Vermicelli and Kulfi Ice Cream

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons seeds basil, /sabja seeds
- 1 1/2 cups milk
- 1/4 cup condensed milk
- 3 drops rose water
- 3 cardamom seeds crushed
- 4 tablespoons rose syrup /Rooh Afza
- 1 cup rice noodles or varmecilli
- 2 scoops ice cream or kulfi
- 1 cup crushed ice

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 130 milligrams
9. Sugar: 24 grams

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