

# Indian Semolina Pudding Sooji Kheer

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-semolina-balls-recipe>

## Ingredients:

- 4 tablespoons semolina –, 1/4 cup
- 1 cup evaporated milk – 240 ml, 1 cup
- 1/2 cup sweetened condensed milk 1/2 cup
- 4 tablespoons ghee or unsalted butter
- 10 blanched almonds and pistachios
- 20 raisins
- 4 dates chopped
- 1/4 teaspoon cardamon powder pinch
- 1/4 teaspoon rose extract
- 1/8 teaspoon saffron / zaffron strands, optional
- 4 tablespoons semolina
- 1 cup evaporated milk
- 1/2 cup sweetened condensed milk
- 4 tablespoons ghee or unsalted butter
- 10 blanched almonds and pistachios
- 20 raisins
- 4 dates
- 1/8 teaspoon cardamon powder pinch
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon rose extract optional
- 1 pinch saffron / zaffron strands - pinch optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams

5. Fiber: 1 grams
  6. Protein: 10 grams
  7. SaturatedFat: 5 grams
  8. Sodium: 120 milligrams
  9. Sugar: 29 grams
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