

# Haldi Doodh

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 cup milk
- 1 teaspoon haldi /turmeric
- 1/2 teaspoon ginger grated, see notes 1
- 6 peppercorns ground
- candy Sugar, small piece see notes 2

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 80 milligrams
9. Sugar: 11 grams

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