

Mango Kulfi

Yield: 4 min
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/pistachio-kulfi-recipe-pakistani>

Ingredients:

- 15/16 cup mango chopped ripe, chunks
- 1 pinch cardamom powder
- 1 pinch fennel seeds
- 2 1/8 cups mango juice
- 1 banana ripe
- 1 tablespoon lemon juice
- 2 1/8 cups vanilla or plain, low-fat frozen yoghurt
- 7 1/4 tablespoons mango diced, for garnish, optional
- 5/8 cup pistachios chopped, for garnish, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 50 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 41 grams

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