

Panjiri (Indian Sweet Snack from Punjab Region)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-snack-recipe-from-india>

Ingredients:

- 1 cup ghee pure
- 1 cup wheat flour
- 1 cup sugar
- 1 cup almonds
- 2 cashew nuts Table spoon
- 1 cup seed puffed lotus, makhane
- 2 melon seeds Table spoon water
- 2 tablespoons melon seeds
- 2 tablespoons pistachio nuts pista
- 1 teaspoon cardamom powder green

Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 93 grams
3. Fat: 80 grams
4. Fiber: 15 grams
5. Protein: 20 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 5 milligrams
8. Sugar: 52 grams

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