

Milk Masala Powder

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-meat-masala-powder-recipe>

Ingredients:

- 1/2 cup almonds badam
- 1/2 cup cashews kaju
- 1/2 cup pistachios pista - shells removed
- 20 green cardamoms hari elaichi or choti elaichi - only seeds and the husks removed
- 3 1/2 teaspoons nutmeg powder, jaiphal powder Or half nutmeg - grated or powdered
- 1 tablespoon rose petals optional
- 1/4 teaspoon black pepper sabut kali mirch - if you prefer you can increase the amount to 1/2 teaspoon
- 1/2 teaspoon saffron strands kesar - check notes if you plan to skip saffron
- 5 tablespoons organic cane sugar or regular sugar. you can also add as required
- 1 teaspoon saunf aniseeds or fennel seeds/ - optional
- 1/2 cup pumpkin seeds or melon seeds, magaz - check notes if not adding pumpkin seeds - optional
- 1/4 teaspoon turmeric powder optional
- saffron optional
- masala how to make milk, powder recipe
- 15 green cardamoms
- 1/4 teaspoon black pepper
- 1/2 teaspoon fennel seeds optional
- 2 1/2 teaspoons nutmeg
- 1/4 teaspoon turmeric powder optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 37 grams
3. Fat: 38 grams
4. Fiber: 7 grams
5. Protein: 17 grams
6. SaturatedFat: 6 grams

7. Sodium: 5 milligrams

8. Sugar: 20 grams

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