

# Rasgulla -Famous Bengali Sweet | Indian Sweet

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 2 cups milk
- 1 lemon
- 1 sugar
- 3 cardamon
- 2 cups water
- pistachio nut to garnish, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 95 milligrams
9. Sugar: 9 grams

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