

## HEALTHY DIET RECIPE

### BASUNDI

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Almonds	10 gm	2. Pistachio	10gm	3. Piyal seeds(chironji)	15gm
4. Milk	250ml	5. Sugar	30gm		

**Procedure:**

Bring milk to a boil, simmer over low flame till milk coats the back of the spoon. Stir continuously  
 Soak almonds in warm water to blanch. Remove the skin. Reserve a few for garnish and make a paste of the rest. Slice almonds reserved for garnish and pistachio nuts  
 Wash and strain piyal seeds. Stir in almond paste dissolved in half a cup of water or milk and mix well. Add sugar cook till sugar gets full dissolved. Chill and serve garnished with pistachio, chironji and almonds. **Serve -1**

### Nutritional Information (Approximate per recipe)

Energy kCal	513.4	Vitamin B6, mg	0.0	Iron, mg	3.1
Protein, gm	14.9	Folic Acid, mcg	21.3	Magnesium, mg	93.3
Carbohydrates, gm	45.3	Vitamin B12, mcg	0.4	Copper, mcg	226.0
Fat, gm	30.4	Vitamin C, mg	5.8	Manganese, mg	0.2
Dietary Fiber, gm	0.0	Vitamin D, mcg	2.5	Molybdenum, mcg	0.0
Vitamin A, mcg	146.9	Vitamin E, mg	2.6	Zinc, mg	0.4
Vitamin B1, mg	0.3	Vitamin K, mcg	0.0	Chromium, mcg	16
Vitamin B2, mg	0.6	Calcium, mg	382.5	Selenium, mcg	0
Vitamin B3, mg	1.1	Phosphorus, mg	396.5	Omega 3, mg	0
				Omega 6, mg	0

**Benefits:**

- 1- Tasty, delicious food.
- 2- Good source of rotein

**Beneficiary:**

- 1- Yummy desert for all.

**Legends**

- Qty - Quantity
- gm - gram
- mg - miligram
- mcg - microgram

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