

## HEALTHY DIET RECEIPE

### DUDHI HALWA

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Bottle Gourd Dudhi	100 gm	2. Sugar	20 gm	3. Milk	25 gm
4. Cardamon	2 gm	5. Cashewnut	5 gm	6 Walnut	5 gm
7. Ghee	5 gm				

**Procedure:**

Take ghee in a pan, heat it. Add Grated dudhi (bottle gourd) and cook a while. Add sugar, cardamon and milk. steer it. Dressing with cashewnut and walnut. Serve hot.

Serves 1

### Nutritional Information (Approximate per receipe)

Energy kCal	222.1	Vitamin B6, mg	0.0	Iron, mg	1.1
Protein, gm	3.1	Folic Acid, mcg	2.1	Magnesium, mg	62.0
Carbohydrates, gm	26.0	Vitamin B12, mcg	0.0	Copper, mg	205.9
Fat, gm	11.7	Vitamin C, mg	0.5	Manganese, mg	0.4
Dietary Fiber, gm	2.5	Vitamin D, mcg	0.3	Molybdenum, mg	0.0
Vitamin A, mcg	46.6	Vitamin E, mg	0.0	Zinc, mg	0.7
Vitamin B1, mg	0.1	Vitamin K, mg	0.0	Chromium, mg	60
Vitamin B2, mg	0.1	Calcium, mg	62.5	Selenium, mcg	2
Vitamin B3, mg	0.4	Phosphorus, mg	77.4	Omega 3, mg	450
				Omega 6, mg	0

**Benefits:**

- 1- Tasty, delicious food.
- 2- Cholesterol lowering foods
- 3- Rich in chromium

**Benificiary:**

- 1- Healthy desert for all.
- 2- Good for high blood pressure people.

**Legends**

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

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