

Rava Laddu

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



639 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cashew nuts
- ☐ 0.5 cup ghee (clarified butter)
- ☐ 1.5 tablespoons ground cardamom
- ☐ 1 cup milk hot
- ☐ 6 cups semolina flour
- ☐ 7 cups sugar white

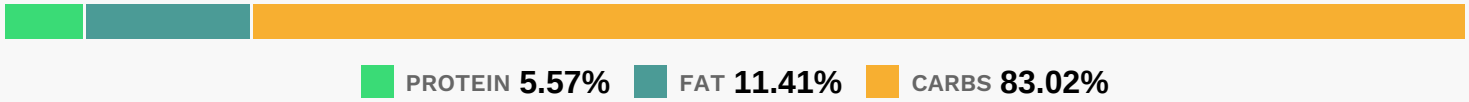
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large dry skillet over medium to medium-high heat.
- ☐ Add the semolina, and toast, stirring constantly. Stir in the sugar and cardamom while toasting until light brown and fragrant, about 10 minutes.
- ☐ Heat a small amount of the ghee in a separate skillet over medium heat.
- ☐ Add the cashews, and cook until lightly toasted, about 10 minutes.
- ☐ Add the cashews to the semolina along with the remaining ghee. Gradually stir hot milk into the semolina until it is thick enough to pack into a ball.
- ☐ Remove from heat, and form palm-sized balls.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:12.02, Glycemic Load:85, Inflammation Score:-4, Nutrition Score:13.3365217227%

Nutrients (% of daily need)

Calories: 638.71kcal (31.94%), Fat: 8.24g (12.68%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 134.94g (44.98%), Net Carbohydrates: 132.24g (48.09%), Sugar: 88.22g (98.02%), Cholesterol: 16.23mg (5.41%), Sodium: 7.84mg (0.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Selenium: 57.67µg (82.39%), Vitamin B1: 0.53mg (35.46%), Manganese: 0.6mg (29.8%), Folate: 115.96µg (28.99%), Vitamin B2: 0.4mg (23.53%), Vitamin B3: 3.82mg (19.12%), Iron: 3.05mg (16.94%), Phosphorus: 118.02mg (11.8%), Fiber: 2.7g (10.81%), Magnesium: 40.58mg (10.14%), Copper: 0.19mg (9.32%), Zinc: 0.93mg (6.2%), Potassium: 165.84mg (4.74%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.09mg (4.33%), Calcium: 33.49mg (3.35%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.2mg (1.3%), Vitamin D: 0.17µg (1.12%)