DietCloud – Recipe

Recipe Name: Kerala pala pradham recipe

Diet Type:

Course: Dessert

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Ada • 2 liter Milk - full cream • 3/4 cup Sugar • 1 tablespoon Ghee • 1/2 teaspoon Cardamom Powder (Elaichi)	4

Preparation

• To begin making the Kerala Palada Pradhaman recipe, first slow boil milk and 1/2 cup sugar on low flame until it reduces lesser than half the quantity.
• I used pressure cooker with weight on for about 60 minutes and slow cooked/boiled the milk.
• The milk tur.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	4	20