

Recipe Name: Gond Ke Ladoo Recipe - Edible Gum Ladoo

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 150 grams Goond (Edible Gum)	20
• 350 grams Ghee	
• 400 grams Whole Wheat Flour	
• 400 grams Sugar - powdered	
• 50 grams Dry coconut (kopra)	
• 50 grams Badam (Almond) - chopped	
• 50 grams Cashew nuts - chopped	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	4	60	24	2	40