DietCloud – Recipe

Recipe Name: North Indian Feni Recipe - Sevaiyan Kheer

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Description

North Indian Feni, or Sevaiyan Kheer, is a fragrant, comforting festive pudding made by simmering delicate roasted vermicelli strands in rich sweetened milk. Enhanced with almond meal for body and adorned with golden-fried cashews and plump raisins, it offers a silky texture with nutty, chewy accents. This royal dessert is traditionally served warm or gently chilled during festive mornings and special celebrations.
[PROS]
- Good source of dietary calcium and phosphorus to support bone health from milk.
- Provides heart-healthy fats, vitamin E, and trace minerals from cashews and almond meal.
- Easily digestible carbohydrates supply rapid energy replenishment, ideal for festive celebrations or post-fasting.
[CONS]
- High caloric density and significant simple sugar content, which may spike blood glucose levels.
- Contains substantial saturated fats from ghee and pre-fried pheni.
[DIETITIAN REVIEW]
Score: 6.5/10. This classic kheer is a delightful cultural indulgence that delivers notable micronutrients and protein through whole milk and tree nuts, though its high glycemic impact requires portion mindfulness. Reducing the added sugar by half and substituting full-fat dairy with low-fat milk can readily optimize its health profile without sacrificing traditional taste.

Ingredients

Ingredient	Quantity
• Pheni (or one roll)	100 grams
• Milk	300 ml
• Sugar	1/4 cup
• Ghee	1 tablespoon
• Cashew nuts	2 tablespoons
• Raisins	2 tablespoons
• Almond Meal (Badam Powder)	2 tablespoons

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Preparation

• 1.

• Heat ghee in a heavy-bottomed pan over low-medium heat, add the cashews and raisins, and sauté until the nuts turn light golden-brown and the raisins swell; remove and set aside.

• 2.

• In the same pan, pour in the milk and bring it to a gentle boil over medium heat, stirring intermittently to prevent scorching.

• 3.

• Stir in the almond meal and sugar, simmering for 2 to 3 minutes until the sugar dissolves completely and the milk takes on a creamy consistency.

• 4.

• Lightly crush the pheni and add it directly into the simmering milk, stirring gently for 1 to 2 minutes until softened.

• 5.

• Fold in the reserved fried cashews and raisins, turn off the heat, and serve warm or refrigerate to serve chilled.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	15	2	30