



## Egg Mishti

3

20 Min

### Description

Full of protein-rich egg mishti is an easy-to-make and yummy recipe.

### Ingredients

- 1 Powder Tbsp(8.0 gm) Almond
- 1/8 Tsp(0.4 gm) Vanilla Extract
- 2 Tbsp(26.0 gm) Sugar
- 1 Tbsp(9.0 gm) Milk Powder
- 1/8 Tsp(0.24 gm) Green Elaichi
- 1 Tbsp(15.0 gm) Ghee
- 1 Tbsp(10.0 gm) Khoa
- 1 Egg Whole(45.0 gm) Egg

### Method of Preparation (Step by Step)

- In a blender add 1 number egg,1 tbsp milk powder,1 tbsp khoya
- 2 tbsp sugar,1 tbsp ghee,1/8th tsp vanilla essence,1/8th tsp elaichi powder,1 tbsp almond powder, and blend well.
- Egg mixture add in a pan and stir continuously.
- When the mixture leaves oil then stir a few mins and remove
- in a mold and set it.
- Cut into the pieces and serve.

### Nutrition Information per serve

Energy	142.84 kcal
Carbohydrate	10.8 gm
Protein	3.57 gm
Total Fat	9.5 gm
Total Fiber	0.37 gm