



# Rose Shrikhand

Cooking time:  
5 mins

Serves:  
1 medium bowl



## Expert comments:

- This is a perfect festival special recipe for dialysis patients
- In order to add richness to this recipe, you may add paneer in marinated form
- To marinate paneer, add olive oil, crushed garlic and curd
- Allow this paneer to rest for 30 mins and then add it to the biryani
- Avoid adding deep fried onions, dry fruits to this recipe

## Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
6.4	8.8	9.8	152.5	50.8	230	236	193

