

# All About ... Air Katira

Serves: 8 pax



INGREDIENTS	NUTRITIONAL INFORMATION	
	(per pax)	
<ul style="list-style-type: none"> <li>• 2 tspns Gond Katira, washed &amp; soaked at least 6 hours overnight in water</li> <li>• 1 tbspn chia seeds (10g), soaked in water</li> <li>• 4 pcs chopped dates, pitted &amp; chopped</li> <li>• 2 cups evaporated milk, low-fat</li> <li>• 3 cups water</li> <li>• 1.5 tbspn of sugar (20g)</li> <li>• ¼ tspn rose or banana essence</li> </ul>	Energy (kcal)	114
	Carbohydrate (g)	20.1
	Protein (g)	5.8
	Fat (g)	2.0
	• Saturated Fat (g)	1.1
	• Polyunsaturated Fat (g)	0.5
	• Monounsaturated Fat (g)	0.4
	Cholesterol (mg)	7
	Dietary Fibre (g)	1.5
	Sodium (mg)	78
	Potassium (mg)	326
	Phosphate (mg)	187

## Methods

1. In a pitcher, mix in water, sugar and evaporated milk.
2. Add in the rest of the Gond Katira, chia seeds, dates and rose essence. Mix thoroughly.
3. Chill in the refrigerator.
4. Serve chilled with ice cubes.

### NUTRITION & DIETETICS DEPARTMENT

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