

GULAB JAMUN

Gulab Jamuns are deep-fried milk balls soaked in a sugar syrup flavored with rosewater and spices that are a favorite dessert in India and Pakistan, where they are a part of special events such as festivals, birthdays and marriage celebrations. A serving of traditional gulab jamun may contain up to 380 calories, 71 grams of carbohydrates and 60 grams of added sugars. But substituting stevia for some of the sugar in the syrup can slash those numbers to 280 calories, 46 grams of carbohydrates and 34 grams of added sugars per serving. That's a reduction of 26% in calories, 35% in carbohydrates and 43% in added sugars.

Before: Traditional Gulab Jamun Recipe Ingredients (Makes 20 Pieces)

JAMUNS

Full Fat Milk, 55g
Unbleached Wheat Flour, 51g
Nonfat Milk Powder, 35g
Vegetable Shortening, 14g
Sodium Bicarbonate (Baking Soda), 1/8 tsp
Citric Acid, 1/8 tsp
Oil for frying

SYRUP

Hot Water, 320ml
Sugar, 300g
Cardamom, a pinch
Rose flavoring, as desired

After: Gulab Jamun Recipe Ingredients with Stevia (Makes 20 Pieces)

JAMUNS

Full Fat Milk, 55g
Unbleached Wheat Flour, 51g
Nonfat Milk Powder, 35g
Vegetable Shortening, 14g
Sodium Bicarbonate (Baking Soda), 1/8 tsp
Citric Acid, 1/8 tsp
Oil for frying

SYRUP

Hot Water, 355ml
Sugar, 169g
Cardamom, a pinch
Rose flavoring, as desired
Stevia (PureVia), 4 packets

METHOD FOR GALUB JAMUN WITH STEVIA

JAMUNS

- Pulse flour, milk powder, shortening, baking soda, and citric acid in a food processor
- With processor running, slowly add milk until just incorporated
- Scoop batter out with a spatula onto a cutting board
- Use the spatula to fold the batter until a smooth dough is created
- Use a knife to cut the dough into 20 equal pieces
- Roll each piece between your hands to create small spheres. Jamuns should be about the size of a gum ball
- Heat the oil over medium heat
- When the oil is hot enough, add the jamuns 5 at a time and cook until brown, CAREFULLY stirring to ensure even browning. If the oil is not hot enough, your jamuns will absorb too much and taste oily. If the oil is too hot, the jamuns will cook too quickly and be under cooked in the middle and overcooked on the outside
- Remove from heat to paper towels for drainage of excess oil.

SYRUP

- In a saucepan, combine water and sugar
- Heat over medium heat and bring to a boil
- Add cardamom and hold boil for 5 minutes. Stirring might be required to release seeds from shell.
- Remove from heat
- Carefully add jamuns to the hot syrup
- When the syrup has cooled enough, remove the gulab jamun to a large container for soaking. It is important to note that they will increase in size 2-3X, so be sure that the container can accommodate this much, and that all jamuns will be in contact with the syrup
- Soak for about 8 hours at room temperature
- Serve slightly warmed.

Nutrition Information per Serving (4 Pieces)	Traditional Gulab Jamun	Gulab Jamun with Stevia	Change	% Change
Energy (kcal)	380	280	- 100 calories	26% decrease
Energy (kJ)	1590	1172	-418 kilojoules	26% decrease
Protein	4g	4g		
Carbohydrates	71g	46g	-25g carbohydrates	35% decrease
Fiber	0g	0g		
Total Sugars	64g	38g	-26g total sugars	41% decrease
Added Sugars	60g	34g	-26g added sugars	43% decrease
Fat	9g	9g		