

Ashure

Yield: 12 min
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/ashure-recipes>

Ingredients:

- 1/2 cup garbanzo beans
- 1/2 cup white beans
- 2 cups bulgur fine
- 1/2 cup raisins
- 15 cups water
- 3 cups white sugar
- 1/4 cup dried apricots
- 1/4 cup orange peel chopped
- 5 whole cloves
- 2 tablespoons sesame seeds toasted
- 2 tablespoons chopped walnuts
- 2 tablespoons pistachio nuts chopped
- 2 tablespoons dried currants
- 1 tablespoon ground cinnamon

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 82 grams
3. Fat: 3 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. Sodium: 25 milligrams
7. Sugar: 55 grams

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