

Sooji Ka Halwa -semolina Halwa

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/best-sooji-halwa-recipe-pakistani>

Ingredients:

- 1/3 cup ghee or clarified butter
- 1/2 cup sooji or semolina
- 1 1/2 cups milk +water mixture
- 1/3 cup sugar
- 1 teaspoon cardamom powder or elaichi
- 1/4 cup sliced almonds for garnish, optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 95 milligrams
9. Sugar: 23 grams

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