

Indian Fudge (Besan Barfi)

Yield: 24 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-fudge-cake-indian-recipe>

Ingredients:

- 2 cups ghee
- 3 cups chickpea flour coarse, available in Indian grocery stores -- look for "besan ladu" in the flour aisle
- 1 1/2 cups confectioner's sugar
- 1 teaspoon ground cardamom
- 1 handful almond slivers or charoli nuts, for garnish, optional
- 1/2 cup chocolate for garnish, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 15 grams
3. Fat: 15 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 10 milligrams
7. Sugar: 9 grams

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