

# Kulkuls (Traditional Goan Sugar Glazed Curls)

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/kulkuls-recipe-anglo-indian>

## Ingredients:

- 2 cups maida Refined Flour
- 1/2 cup semolina fine, /Rawa, optional
- 2 tablespoons sugar pwd.
- 2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup coconut milk fresh
- vegetable oil for deep frying
- 1 cup sugar
- 1/3 cup water

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 127 grams
3. Cholesterol: 55 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 8 grams
8. Sodium: 170 milligrams
9. Sugar: 57 grams

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