

# Besan Ladoo (Indian Chickpea Candy)

Yield: 24 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/north-indian-besan-ladoo-recipe>

## Ingredients:

- 1/2 cup ghee clarified butter, melted\*
- 2 cups chickpea flour
- 1 cup powdered sugar sifted
- 1 teaspoon ground cardamom
- 1 tablespoon chopped almonds finely, or cashews for garnish, optional

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 5 milligrams
7. Sugar: 6 grams

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