

Halva (Middle Eastern Confection)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-halva-tahini-middle-easter>

Ingredients:

- 1 1/2 cups sugar
- 1/2 teaspoon cardamom
- 1/2 cup water
- 1 1/2 cups Tahini
- 1 teaspoon vanilla See Note 1
- 1/2 cup shelled raw pistachios chopped

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 103 grams
3. Fat: 50 grams
4. Fiber: 10 grams
5. Protein: 19 grams
6. SaturatedFat: 7 grams
7. Sodium: 70 milligrams
8. Sugar: 76 grams

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