

History of Turkish Delight (Lokum)

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/the-history-of-turkish-manti-recipe>

Ingredients:

- 2 1/2 cups sugar
- 1 1/4 cups cornstarch
- 2 1/4 cups water divided
- 3 tablespoons lemon juice
- 3 1/2 ounces pistachios
- 3 1/2 ounces hazelnuts
- 1 tablespoon orange blossom water
- 1 tablespoon rose water
- food coloring Liquid
- 1 cup cornstarch
- 1 cup icing sugar

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 233 grams
3. Fat: 26 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 15 milligrams
8. Sugar: 158 grams

Thank you for visiting our website. Hope you enjoy History of Turkish Delight (Lokum) above. You can see more 20 the history of turkish manti recipe Savor the mouthwatering goodness! to get more great cooking ideas.