

# Thekua ~ Indian Cookies For Indian Cooking Challenge

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 cups all purpose flour
- 4 tablespoons semolina
- 8 tablespoons powdered sugar
- 4 teaspoons dry coconut
- 1/8 teaspoon cardamom powder
- 8 teaspoons oil
- water
- dough

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 82 grams
3. Fat: 20 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. SaturatedFat: 4 grams
7. Sodium: 135 milligrams
8. Sugar: 15 grams

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