

# Gur ka Halwa

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sooji-ka-halwa-recipe-pakistani-in-urdu>

## Ingredients:

- 1/4 cup ghee
- 1 cup sooji
- 1 teaspoon cardamom powder
- 15 saffron
- 100 grams khoya
- almond slivers for garnishing, optional

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 34 grams
3. Fat: 12 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. Sodium: 55 milligrams
7. Sugar: 1 grams

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