



Basboosa

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 6 almonds whole split
- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons coconut or flaked
- ☐ 1 cup yogurt plain
- ☐ 2 tablespoons rosewater
- ☐ 1.5 cups semolina flour
- ☐ 0.5 cup vegetable oil
- ☐ 1.5 cups water

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1.8 cups sugar white

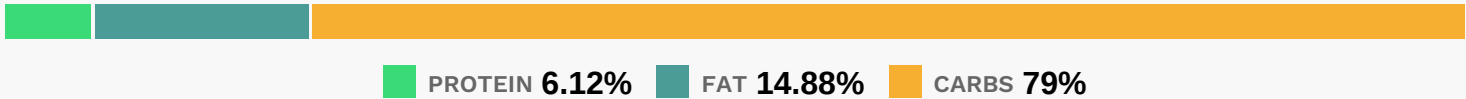
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium bowl, mix together the semolina flour, 1/2 cup of sugar, yogurt, oil, coconut, and baking powder. Set aside for 30 minutes.
- ☐ In a small saucepan over medium-high heat, stir together the water, 1 3/4 cups sugar, and rosewater. Bring to a boil, and boil for 3 or 4 minutes.
- ☐ Remove from heat, and set aside to cool to room temperature.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Spread the semolina batter into the bottom of a 9x13 inch baking pan. Slice into squares or diamonds, and place on almond half onto each piece.
- ☐ Bake for 20 minutes in the preheated oven, or until light brown. Switch the oven setting to broil, and broil until the top is golden, 2 to 3 minutes.
- ☐ Remove from the oven, and pour the syrup over the squares.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:28.62, Inflammation Score:-2, Nutrition Score:5.4373912740013%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin:

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Nutrients (% of daily need)

Calories: 228.08kcal (11.4%), Fat: 3.85g (5.92%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 44.89g (16.32%), Sugar: 30.17g (33.53%), Cholesterol: 2.65mg (0.88%), Sodium: 117.84mg (5.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Selenium: 19.65µg (28.07%), Vitamin B1: 0.18mg (11.87%), Folate: 40.19µg (10.05%), Vitamin B2: 0.16mg (9.49%), Calcium: 89.88mg (8.99%), Manganese: 0.18mg (8.89%), Phosphorus: 74.85mg (7.48%), Vitamin B3: 1.3mg (6.49%), Iron: 1.11mg (6.17%), Fiber: 1.09g (4.35%), Magnesium: 15.36mg (3.84%), Vitamin K: 3.39µg (3.22%), Copper: 0.06mg (3.18%), Zinc: 0.39mg (2.58%), Potassium: 81.94mg (2.34%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.03mg (1.63%), Vitamin B12: 0.08µg (1.26%)