

Basboosa II

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup yogurt plain
- ☐ 2 cups semolina flour
- ☐ 1 cup coconut or sweetened flaked
- ☐ 1 cup water
- ☐ 1 cup sugar white

☐ 0.3 cup almonds whole

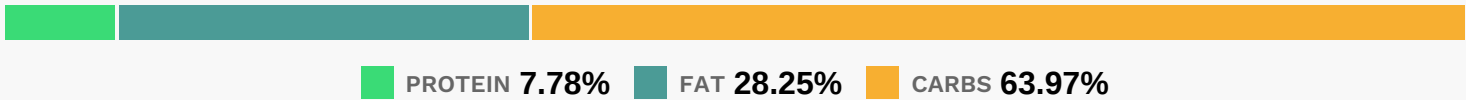
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking dish.
- ☐ In a large bowl, mix together the semolina flour, baking powder, 1 cup sugar, coconut and butter.
- ☐ Add the yogurt and milk; mix until moistened but not runny or liquid. If you see that it is too dry, add more milk.
- ☐ Spread into a greased 8 inch square baking dish, smoothing the top as much as possible. Decorate the top with whole almonds.
- ☐ Bake for 40 to 45 minutes in the preheated oven, until golden brown. While the basboosa is baking, combine the water, 1 cup of sugar and lemon juice in a small saucepan. Bring to a boil, and cook for at least 5 minutes.
- ☐ When the basboosa has finished baking, pour the syrup over it as evenly as possible.
- ☐ Place it back in the oven for about 5 minutes, or until the syrup has been fully absorbed.
- ☐ Let rest for about 20 minutes before cutting into pieces and serving.

Nutrition Facts



Properties

Glycemic Index:32.79, Glycemic Load:29.73, Inflammation Score:-4, Nutrition Score:10.018260944149%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 348.28kcal (17.41%), Fat: 11.09g (17.06%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 56.5g (18.83%), Net Carbohydrates: 53.61g (19.49%), Sugar: 27.14g (30.16%), Cholesterol: 17.1mg (5.7%), Sodium: 97.65mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.75%), Selenium: 35.86µg (51.22%), Vitamin B1: 0.32mg (21.4%), Manganese: 0.41mg (20.73%), Folate: 72.78µg (18.19%), Vitamin B2: 0.31mg (17.95%), Vitamin B3: 2.47mg (12.35%), Fiber: 2.89g (11.57%), Phosphorus: 110.08mg (11.01%), Iron: 1.96mg (10.9%), Magnesium: 36.88mg (9.22%), Vitamin E: 1.28mg (8.53%), Copper: 0.15mg (7.39%), Calcium: 62.34mg (6.23%), Potassium: 178.55mg (5.1%), Zinc: 0.75mg (5.03%), Vitamin A: 184.67IU (3.69%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.06mg (2.82%), Vitamin B12: 0.11µg (1.86%)