

Mango Halwa



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients



1 tablespoon ghee



2.8 cups mango pulp

Equipment

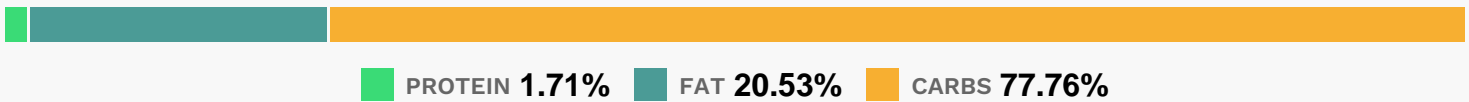


pressure cooker

Directions

- ☐
- In a heavy bottom vessel (I used a small pressure cooker) add the ghee and when it is hot add the mango pulp.Keep stirring the mixture every 10–15 minutes so that it does not stick to the vessel.The mixture will reduce in quantity, there will be a change in color and after 45 minutes transfer this mixture to a greased (with very little ghee) plate. I used 2 and 3/4 cups of pulp and it cooked down to 3/4ths of a cup approximately. So a very small plate is enough.I left the plate undisturbed for one more hour and then tried cutting it into pieces and it came out perfectly.
- ☐
- Garnish it with nuts of your choice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:9.1534781196843%

Nutrients (% of daily need)

Calories: 190.23kcal (9.51%), Fat: 4.38g (6.74%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 36.34g (13.22%), Sugar: 34.07g (37.86%), Cholesterol: 9.6mg (3.2%), Sodium: 37.39mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Iron: 20.44mg (113.58%), Vitamin A: 3894IU (77.88%), Vitamin C: 22.39mg (27.14%), Fiber: 0.97g (3.89%), Calcium: 16.23mg (1.62%)