

SIDE DISH

Quick Nariyal Burfi (Indian Coconut Fudge)

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
72 min	5 min	7 min	10	\$0.66	281 kcal



The recipe Quick Nariyal Burfi (Indian Coconut Fudge) could satisfy your Indian craving in around 1 hour and 12 minutes. For 66 cents per serving, you get a side dish that serves 10. One serving contains 397 calories, 6g of protein, and 21g of fat. Several people made this recipe, and 117 would say...

Ingredients

- ☐ 2/3 cup sliced almonds
- ☐ 3 cups sweetened flaked coconut
- ☐ 1 tablespoon ground cardamom (optional)
- ☐ 14 ounce 1/2 sweetened condensed milk
canned

EQUIPMENT Bowl, Frying pan, Knife, Microwave, Spatula

Method

- 1 Grease a 9x9 inch pan. Stir together the coconut and condensed milk in a large, microwave-safe bowl. Cook on High in the microwave for 7 minutes, stirring every 30 seconds. When the coconut mixture is hot and bubbling, stir in the almonds and cardamom.
- 2 Pour into the prepared pan, and smooth the top with a spatula.
- 3 Cool for 1 hour in the refrigerator, then cut into 1 inch squares with a greased knife.

Nutrition per serving

281	5 g	14 g	37 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9.2 g · 57% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			31.2 g · 35% of daily needs
Sodium			123 mg · 5% of daily needs
Cholesterol			13.5 mg · 5% of daily needs
Vitamin C			1.2 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/quick-nariyal-burfi-indian-coconut-fudge-148595](https://www.whatsheate.com/quick-nariyal-burfi-indian-coconut-fudge-148595)