



## Saffron and Carrot Halvah

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

DESSERT

### Ingredients

- 0.7 cup blanched almonds and
- 0.3 cup brown sugar packed
- 3 cups carrots finely grated
- 0.5 cup granulated sugar
- 0.1 teaspoon ground cardamom
- 0.3 teaspoon nutmeg
- 1.5 cups milk 1% low-fat
- 0.3 cup raisins

- 0.1 teaspoon saffron threads
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

- food processor
- frying pan
- sauce pan

## Directions

- Place almonds in a food processor; process until finely ground.
- Combine carrot, milk, and saffron in a small saucepan; bring to a boil, stirring occasionally. Reduce heat to medium-low; cook until most of milk evaporates (about 35 minutes), stirring frequently.
- Add ground almonds, sugars, and remaining ingredients. Cook on low heat 20 minutes or until mixture pulls away from sides of pan, stirring almost constantly.

## Nutrition Facts



**PROTEIN 8.66%** **FAT 27.6%** **CARBS 63.74%**

## Properties

Glycemic Index:53.45, Glycemic Load:16.23, Inflammation Score:-10, Nutrition Score:13.303913074991%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 251.97kcal (12.6%), Fat: 8.13g (12.5%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 38.63g (14.05%), Sugar: 32.19g (35.77%), Cholesterol: 2.95mg (0.98%), Sodium: 171.18mg (7.44%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.73g (11.47%), Vitamin A: 10808.55IU (216.17%), Vitamin E: 3.73mg (24.89%), Manganese: 0.39mg (19.33%), Phosphorus: 155.15mg (15.52%), Fiber: 3.61g (14.43%), Calcium: 138.12mg (13.81%), Magnesium: 54.92mg (13.73%), Vitamin B2: 0.23mg (13.71%), Potassium: 453.81mg (12.97%),

Copper: 0.2mg (9.85%), Vitamin K: 8.51µg (8.1%), Vitamin B6: 0.16mg (7.76%), Vitamin B1: 0.11mg (7.3%), Vitamin B3: 1.26mg (6.31%), Vitamin B12: 0.36µg (6%), Zinc: 0.84mg (5.6%), Folate: 20.48µg (5.12%), Vitamin C: 4.12mg (4.99%), Iron: 0.89mg (4.93%), Vitamin B5: 0.45mg (4.46%), Vitamin D: 0.65µg (4.33%), Selenium: 2µg (2.85%)