

Turkish Halwa

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



423 kcal

SIDE DISH

Ingredients

- 2 cups flour all-purpose
- 1.5 cups blackstrap molasses
- 0.5 cup butter unsalted
- 0.3 cup walnut pieces chopped
- 1.5 cups water

Equipment

- frying pan
- sauce pan

Directions

- Bring water and molasses to a boil in a saucepan. Meanwhile, melt the butter in a separate saucepan over low heat. Stir in the flour and cook, stirring occasionally, for a few minutes until the dough begins to pull away from the sides of the pan.
- Pour the molasses mixture into the flour, stirring to form a ball. Fold in chopped walnuts. Drop onto waxed paper by the spoonful, and allow to cool completely before serving. Store in an airtight container.

Nutrition Facts

PROTEIN 3.63% **FAT 29.83%** **CARBS 66.54%**

Properties

Glycemic Index:17.38, Glycemic Load:38.07, Inflammation Score:-7, Nutrition Score:14.799565303423%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 422.63kcal (21.13%), Fat: 14.26g (21.94%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 71.56g (23.85%), Net Carbohydrates: 70.47g (25.62%), Sugar: 47.39g (52.65%), Cholesterol: 30.5mg (10.17%), Sodium: 27.86mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Manganese: 1.31mg (65.26%), Magnesium: 166.29mg (41.57%), Selenium: 22.16µg (31.66%), Potassium: 975.5mg (27.87%), Iron: 4.54mg (25.23%), Vitamin B6: 0.46mg (22.86%), Copper: 0.42mg (21.01%), Vitamin B1: 0.28mg (18.96%), Folate: 61.2µg (15.3%), Calcium: 142.54mg (14.25%), Vitamin B3: 2.48mg (12.4%), Vitamin B2: 0.17mg (9.76%), Vitamin A: 355.28IU (7.11%), Phosphorus: 69.39mg (6.94%), Vitamin B5: 0.68mg (6.81%), Fiber: 1.09g (4.35%), Zinc: 0.53mg (3.55%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.19µg (1.13%)