

NUTRITIVE VALUE CHART

S.NO	ITEM	INGREDIENT	AMOUNT	CALORIE	CARBOHYDRATE	PROTEIN	FAT	CALCIUM
1	SEV KHAMAN	GRAM FLOUR	100gm	372	59.8	20.8	5.6	56
		OIL	10gm	90	-	-	10	-
		SPICES	TO TASTE	-	-	-	-	-
		POMOGANATE	20gm	13	2.9	0.32	0.02	2
		SEV	20gm	-	-	-	-	-
		TOTAL		475	62.7	21.12	15.62	58
2	SAMOSA	MAIDA	40gm	139.2	29.56	4.4	0.09	9.2
		POTATO	60gm	58.2	13.56	0.96	0.06	6
		PEAS	10gm	9.3	1.59	0.72	0.04	2
		OIL	40gm	360	-	-	40	-
		SPICES	TO TASTE	-	-	-	-	-
		TOTAL		566.7	44.71	6.08	40.19	17.2
3	DABELI	PAV	2 PCS	174	36.95	5.5	0.45	11.5
		POTATO	50gm	48.5	11.3	11.3	0.05	5
		SEV	20gm	-	-	-	-	-
		SPICE	TO TASTE	-	-	-	-	-
		OIL	5gm	45	-	-	5	-
		TOTAL		267.5	48.25	6.3	5.5	16.5
4	VEG SANDWICH	BREAD	2 SLICE	196	41.52	6.24	0.56	8.8
		BUTTER	20gm	145.8	-	-	16.2	-
		CUCUMBER	30gm	3.9	0.75	0.12	0.03	3
		TOMATO	50gm	10	1.8	0.45	0.1	24
		TOTAL		355.7	44.07	6.81	16.89	35.8
5	PUFF	MAIDA	60gm	208.8	44.34	6.6	0.54	13.8
		BUTTER	30gm	218.7	-	-	24.3	-
		BAKING POWDER	1 PINCH	-	-	-	-	10
		PEAS	50gm	46.5	7.95	3.6	0.05	5
		POTATO	50gm	48.5	11.3	0.8	0.05	40
		CARROT	50gm	24	5.3	0.45	0.1	-
		SPICES	TO TASTE	-	-	-	-	-
		TOTAL		498	68.89	11.45	25.04	68.8
6	CHANA	CHHOLE	30	108	18.27	5.13	1.59	60.6
		TOMATO	10gm	2	0.36	0.09	0.02	4.8
		ONION	10gm	5.9	1.26	0.18	0.01	4
		OIL	10gm	90	-	-	10	-
		SPICES	TO TASTE	-	-	-	-	-
		TOTAL						
7	PURI	WHEET FLOUR	36gm	122.76	24.98	4.35	0.612	17.28
		OIL	20gm	180	-	-	20	-
		TOTAL		508.66	44.87	9.75	32.23	86.68
8	VADA PAV	PAV	2 pcs	174	36.95	5.5	0.45	11.5
		CORRIANDER LEAVE	30gm	13.2	1.89	0.99	0.18	55.2
		POTATO	50gm	48.5	11.3	0.8	0.5	5
		GARAM FLOUR	20gm	74.4	11.96	4.16	1.12	11.2
		SPICES	TO TASTE	-	-	-	-	-
		TOTAL		400.1	25.15	11.45	11.8	72.9

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9	FRANKIE	MAIDA	50gm	174	36.95	5.5	0.45	11.5
		CARROT	10gm	4.8	1.06	0.09	0.02	8
		CABBAGE	10gm	2.7	0.46	0.18	0.01	3.9
		POTATO	10gm	9.7	2.26	0.16	0.01	1
		PEAS	10gm	9.3	1.59	0.72	0.04	2
		CAULI FLOWER	10gm	3	0.4	0.26	0.04	3.3
		OIL	20gm	180	-	-	20	-
		SPICES	TO TASTE		-	-	-	-
		TOTAL	383.5	42.72	6.91	20.53	29.7	
10	PANEER RICE	RICE	35gm	120.75	27.37	2.38	0.17	3.5
		PANEER	15gm	43.8	1.18	2.01	3.45	72
		OIL	5gm	45	-	-	5	-
				TOTAL	209.55	28.55	4.39	8.62