

## CALORIE VALUE OF GUJARATI FOOD

<b>Farsan</b>			
<b>FOOD</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>Fat</b>
Chevdo	3.5 oz	300	21
Papdi Ganthia	3.5 oz	580	52
Fried Chana Daal	3.5 oz	160	30
Fursi Puri	1 puri	200	7
Khari Biscuit	1 biscuit	428	27
Khakhara	1 khakhara	80	9
Chakari	3.5 oz	592	32
Bhakarwadi	1 bhakarwadi	466	20

<b>Heart Healthy Gujarati Meal</b>				
<b>FOOD</b>	<b>SERVING</b>	<b>CALORIE</b>	<b>FAT (gms)</b>	<b>CARB (gms)</b>
Roti	2 serving	100	2	22
Fruit Salad	1/2 cup	60		15
Khaman Dhokra	2 pieces	80	2	15
Tindora, or Fansi, or Parwal	1 cup	50	4	5
Rice	1/2 cup	80		15
Kadhi	1 cup	127	5	15
Raita	1 cup	107	4.5	12
Salad: carrot, cucumber, tomato	1/2 cup	25	0	5
Papad-baked	1 serving	29	2.5	6.9
<b>Total</b>		<b>658</b>	<b>20</b>	<b>111</b>

## CALORIE VALUE OF GUJARATI FOOD

<b>High Calorie Gujarati Meal</b>				
<b>FOOD</b>	<b>SERVING</b>	<b>CALORIE</b>	<b>FAT (gms)</b>	<b>CARB (gms)</b>
Puri	2 puris	105	22	15
Shreekhand	1/2 cup	178	15	30
Ladoo	1 piece	245	15	30
Potato/Eggplant Shaak	1/2 cup	75	10	15
Fried Bhinda Shaak	1/2 cup	266	21	5
Rice	1 cup	160	0	30
Kadhi	1 cup	127	5	15
Butter or Ghee	1 tsp	45	5	0
Samosa	1	369	17	15
Mango Pickle	1 tbs	22	9	0
Paapad (fried)	1	347	18	15
<b>Total</b>		<b>1939</b>	<b>137</b>	<b>170</b>

<b>Indian Sweets</b>		
<b>FOOD</b>	<b>SERVING</b>	<b>CALORIE</b>
Puran Puri	1	250
Magas	1	250
Barfi	1	100
Gajar Halwa	1	570
Gulab Jamun	1	100
Jalebi	1	200
Mysore Paak	1	357
Penda	1	250