

CALORIES TAKEN BY GUJARATIS

<u>REGULAR FOOD</u>	<u>SERVING</u>	<u>CALORIES</u>	<u>FAT (gms)</u>	<u>Carb (gms)</u>
Chevdo	3.5 oz	300	21	
Papdi Gathia	3.5 oz	580	52	
Fried Chana Daal	3.5 oz	160	30	
Farsi Puri	1 puri	200	7	
Khari Biscuit	1 biscuit	428	27	
Khakhra	1 khakhra	80	9	
Chakri	3.5 oz	592	32	
Bhakarwadi	1 bhakarwadi	466	20	
<u>REGULAR FOOD</u>	<u>SERVING</u>	<u>CALORIES</u>	<u>FAT (gms)</u>	<u>CARB (gms)</u>
Rotli	2	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
Total		658	20	111
<u>OCCASIONAL FOOD</u>	<u>SERVING</u>	<u>CALORIES</u>	<u>FAT (gms)</u>	<u>CARB (gms)</u>
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
Total		1939	137	170
<u>DESSERT AND SWEETS</u>	<u>SERVING</u>	<u>CALORIE</u>		
Puran Puri	1	250		
Magaj (which U don't have)	1	250		
Barfi	1	100		
Gajar Halwa	1	570		
Gulab Jambu	1	100		
Jalebi	1	200		
Mysore Paak	1	357		
Penda	1	250		

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