

## CALORIE CHART

1. Bournvita with milk calories of 1 cup.



- Calories – 200
- Saturated fat – 10g
- Monosaturated fat – 4g
- Sodium – 178mg
- Potassium – 640mg
- Total carbs – 10g
- Dietary fiber – 12g
- Sugars – 15g
- Protein – 14g
- Vitamin A 10%
- Calcium – 2%
- Vitamin C – 10%
- Iron – 35%

2. Milkshake calories of 1 cup (100gm)



- Calories – 112
- Saturated fat – 1.9g
- Polysaturated fat – 0.1g
- Monosaturated fat – 0.9g
- Cholesterol – 12mg
- Sodium – 95mg
- Potassium – 183mg
- Carbohydrate – 18g
- Protein – 3.9g
- Vitamin A – 1%
- Calcium – 14%
- Vitamin D – 12%
- Vitamin B – 12 - 8%
- Magnesium – 3%

3. Water melon juice calories of 1 tall glass



- Calories – 60
- Sodium – 2mg
- Potassium – 267mg
- Total carbs – 18g
- Dietary fiber – 1g
- Sugars – 15g
- Protein – 1g
- Vitamin C – 32%
- Calcium – 2%
- Iron – 3%

4. Veg Manchow Soup calories of per bowl



- Calories – 328
- Total fat – 4g
- Total carbs – 70g

5. Lemon water calories of per glass(100ml)



- Calories – 22
- Total fat – 0.2g
- Sodium – 1mg
- Potassium – 103mg
- Carbohydrate – 7g
- Protein – 0.4g
- Vitamin C – 64%
- Magnesium – 1%

6. Cold coco calories with milk – 100gm



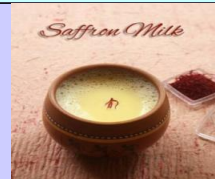
- Calories – 45
- Fat – 1g
- Protein – 1g

7. Hot N Sour calories of 1 cup



- Calories – 125
- Fat – 3g
- Sodium – 768mg
- Potassium – 230mg
- Total crabs – 21g
- Dietary fiber – 3g
- Sugars – 5g
- Protein – 5g
- Vitamin A – 2%
- Vitamin C – 39%
- Calcium – 3%
- Iron – 7%

8. Kesar milk calories of 1 glass (200ml)



- Calories – 178
- Total fat – 6g
- Total carbs – 24g
- Protein – 6g

9. Muskmelon juice calories of 1 cup (150ml)



- Calories – 57
- Sodium – 14mg
- Potassium – 494mg
- Total carbs – 13g
- Dietary fiber – 1g
- Sugars – 13g
- Protein – 1g
- Vitamin C – 68%

10. Veg clear soup calories of 1 bowl



- Calories – 48.9g
- Fat – 0.4g
- Sodium – 619.6mg
- Potassium – 417.5mg
- Total carbohydrate – 10.6g
- Protein – 3.1g
- Vitamin A – 53.8%
- Vitamin B – 12 – 0.1%
- Vitamin B – 6 – 11.2%
- Vitamin C – 118.2%
- Vitamin D – 1.9%
- Vitamin E – 5.5%
- Calcium – 5.5%
- Copper – 6.1%
- Folate – 14.5%
- Iron – 8.3%
- Magnesium – 6.8%
- Niacin – 5.8%
- Pantothenic Acid – 5.2%
- Phosphorus – 7.0%
- Riboflavin – 8.2%
- Selenium – 3.9%
- Thiamin – 6.9%
- Zinc – 3mg

11. Sevkhanni calories of 1 plate







- Energy – 2039cal
- Protein – 83.2g
- Carbohydrates – 281g
- Fiber – 60.4g
- Fat – 65g
- Cholesterol – 0mg
- Vitamin A – 958.9mcg
- Vitamin B1 – 1.9mg
- Vitamin B2 – 0.7mg
- Vitamin B3 – 9.8mg
- Vitamin C – 11.8mg
- Folic Acid – 590.8mcg
- Calcium – 255.7mg
- Iron – 21.2mg
- Magnesium – 525.5mg
- Phosphorous – 1328.1mg
- Sodium – 288.6mg
- Potassium – 2861mg
- Zinc – 7.2mg

12. Bombay Bhel 1 plates (100gm)



- Calories – 280
- Fat – 21g
- Sodium – 350mg
- Total carbs – 19g
- Dietary fiber – 3g

· Protein – 5g	
13. Veg samosa calories of 1 piece	
<ul style="list-style-type: none"> <li>· Calories – 250</li> <li>· Fat – 8g</li> <li>· Cholesterol – 5mg</li> <li>· Sodium – 150mg</li> <li>· Total carbs – 15g</li> <li>· Dietary fiber – 2g</li> <li>· Sugar – 2g</li> <li>· Protein – 2g</li> <li>· Iron – 8%</li> </ul>	
14. Surati Khaman calories of 100gm	
<ul style="list-style-type: none"> <li>· Calories – 140</li> <li>· Total fat – 9g</li> <li>· Sodium – 520mg</li> <li>· Carbs – 12g</li> <li>· Sugar – 1g</li> <li>· Protein – 4g</li> <li>· Vitamin A – 2%</li> <li>· Calcium – 2%</li> <li>· Iron – 6%</li> </ul>	
15. Jalebi calories 100gm	
<ul style="list-style-type: none"> <li>· Calories – 300</li> <li>· Fat – 4.31g</li> <li>· Cholesterol – 2mg</li> <li>· Sodium – 1.46mg</li> <li>· Potassium – 127mg</li> <li>· Carbohydrate – 62.36g</li> <li>· Protein – 4.19g</li> <li>· Calcium – 13%</li> <li>· Iron – 4%</li> <li>· Vitamin C – 3%</li> </ul>	
16. Sprouted Masala Pulses mix (100gm)	
<ul style="list-style-type: none"> <li>· Calories – 118.2</li> <li>· Fat – 6.5g</li> <li>· Sodium – 417.3g</li> <li>· Potassium – 249.2mg</li> <li>· Carbohydrate 13.1g</li> <li>· Protein – 6.1g</li> <li>· Vitamin A – 30.9%</li> <li>· Vitamin B6 – 2.2%</li> <li>· Vitamin C – 57.4%</li> <li>· Vitamin E – 4.0%</li> <li>· Calcium – 5.0%</li> <li>· Copper – 1.2%</li> <li>· Folate – 1.8%</li> </ul>	

- Iron – 9.6%
- Magnesium – 1.4%
- Manganese – 3.1%
- Niacin – 1.3%
- Pantothenic Acid – 0.4%
- Phosphorus -1.4%
- Riboflavin – 1.2%
- Selenium – 0.4%
- Thiamine – 2.2%
- Zinc – 0.8%

17. Palak cutlets of 100gm



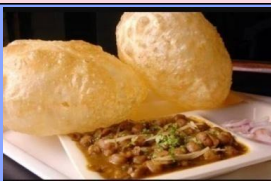
- Calories – 152.8g
- Fat – 2.1g
- Sodium – 424.7mg
- Potassium – 351.1mg
- Total carbohydrate – 29.7g
- Protein – 5.0g
- Vitamin A – 41.1%
- Vitamin B6 – 15.0%
- Vitamin C – 31.8%
- Vitamin E – 1.8%
- Calcium – 3.5%
- Copper – 9.5%
- Folate – 9.4%
- Iron – 9.3%
- Magnesium – 21.2%
- Niacin – 9.1%
- Pantothenic Acid – 3.5%
- Phosphorous – 9.8%
- Riboflavin – 5.8%
- Selenium – 7.1%
- Thiamine – 13.0%
- Zinc – 5.7%

18. Chole Masala calories of 250gm



- Calories – 243
- Fat – 5g
- Sodium – 677mg
- Potassium – 450mg
- Total carb – 44g
- Sugar – 2g
- Protein – 9g
- Vitamin A – 13%
- Vitamin C – 60%
- Calcium – 8%
- Iron – 18%

19. Bhatore calories of 2 pieces



- Calories – 522
- Fat – 19.9gm
- Cholesterol – 13mg
- Sodium – 75mg
- Potassium – 0mg

- Carbohydrates – 72.2g
- Dietary fiber – 9.8g
- Sugar – 9.2g
- Protein – 15g
- Vitamin A – 10%
- Vitamin C – 17%
- Iron – 30%
- Calcium – 9%

20. Paratha calories of 100gms



- Calories – 345
- Fat – 17.24g
- Sodium – 555mg
- Potassium – 64mg
- Vitamin A – 5%
- Crabs – 44g
- Sugar – 1g
- Protein – 6g
- Calcium – 18%
- Iron – 16%

21. Mix vegetable sabji(100gm)



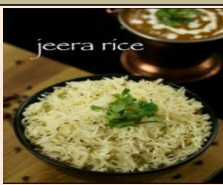
- Calories – 145
- Fat – 5.45g
- Carbs – 23.01g
- Protein – 4.4g
- Carbohydrate – 23g
- Calcium – 21%
- Vitamin C – 681%
- Vitamin A – 44%
- Iron – 41%

22. Dal fry calories of 100gm



- Calories – 196.1g
- Fat – 6.1g
- Potassium – 614.3g
- Carbohydrate – 31.4g
- Protein – 7.4g







23. Jeera Rice calories of 100gm



- Calories – 200g
- Fat – 6g
- Cholesterol – 10mg
- Protein – 2g
- Iron – 4%

24. Veg. Salad of 100gm



<ul style="list-style-type: none"> <li>· Calories – 285.8</li> <li>· Fat – 9.3g</li> <li>· Protein – 16.9g</li> </ul>	
<p>25. Methi Thepla of 1piece</p>	
<ul style="list-style-type: none"> <li>· Calories – 128</li> <li>· Fat – 7.1g</li> <li>· Cholesterol – 0.8g</li> <li>· Carbohydrates – 14g</li> <li>· Protein – 2.8g</li> </ul>	
<p>26. Aaloo bhaji of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 162</li> <li>· Fat – 7.5g</li> <li>· Protein – 3.0g</li> <li>· Carbohydrates – 22.5g</li> </ul>	
<p>27. Curd calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 100</li> <li>· Fat – 4.2g</li> <li>· Carbs – 3.45g</li> <li>· Protein – 11.75g</li> <li>· Cholesterol – 14mg</li> <li>· Carbohydrates – 3.45g</li> </ul>	
<p>28. Khichdi calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 116</li> <li>· Fat – 1.19g</li> <li>· Carbs – 22.85g</li> <li>· Protein – 4.08g</li> <li>· Carbohydrates -22.85g</li> </ul>	
<p>29. Roti calories of 1 piece</p>	
<ul style="list-style-type: none"> <li>· Calories – 91</li> <li>· Protein – 4g</li> <li>· Carbs – 18g</li> <li>· Iron – 2%</li> <li>· Sodium – 131mg</li> <li>· Potassium – 73mg</li> </ul>	
<p>30. Bhindi Sabzi calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 161</li> <li>· Fat – 11g</li> </ul>	

<ul style="list-style-type: none"> <li>· Carbs – 12g</li> <li>· Protein – 4g</li> </ul>	
<p>31. Gujarati Dal calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 112g</li> <li>· Fat – 5.5g</li> <li>· Carbohydrate – 11.9g</li> <li>· Protein – 4.8g</li> </ul>	
<p>32. Bhakri calories of 1 piece (without ghee)</p>	
<ul style="list-style-type: none"> <li>· Calories – 92</li> <li>· Fat – 3g</li> <li>· Protein – 4g</li> <li>· Carbs – 15g</li> </ul>	
<p>33. Gujarati Kadhi of 1 bowl</p>	
<ul style="list-style-type: none"> <li>· Calories – 140</li> <li>· Fat – 14g</li> <li>· Cholesterol – 42mg</li> <li>· Carbs – 30g</li> <li>· Protein – 12g</li> </ul>	
<p>34. Pav – Bhaji calories of 2 piece of pav</p>	
<ul style="list-style-type: none"> <li>· Calories – 200</li> <li>· Fat – 12g</li> <li>· Cholesterol – 26mg</li> <li>· Protein – 7g</li> <li>· Carbs – 47g</li> <li>· Sugar – 7g</li> </ul>	
<p>35. Veg. Biryani calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 127</li> <li>· Fat – 5g</li> <li>· Carbs – 16g</li> <li>· Protein – 3g</li> </ul>	
<p>36. Boondi Raita calories of 1 bowl</p>	
<ul style="list-style-type: none"> <li>· Calories 164</li> <li>· Fat – 11g</li> <li>· Cholesterol – 8mg</li> <li>· Protein – 6g</li> <li>· Carbs – 12g</li> </ul>	



37. Pasta calories of 100gm



- Calories – 352
- Protein – 12.4g
- Carbohydrate – 71.3g
- Fat – 1.9g
- Fibre – 2.7g

38. Mutter bhaji calories of 100gm

- Calories – 190.5
- Fat – 6.2g
- Carbohydrate – 33.3g
- Protein – 10.7g

39. Kulcha calories of 1 piece



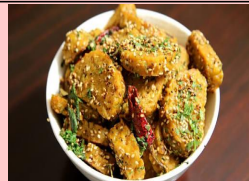
- Calories – 291
- Fat – 4g
- Protein – 9gm
- Carbs – 59g

40. Cabbage onion salad of 100gm



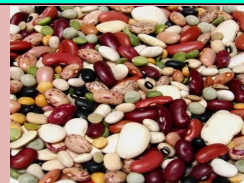
- Calories – 141.4
- Fat – 7.5g
- Carbohydrate – 18.7g
- Protein – 4.1g

41. Vegetable Muthiya calories of 70gm



- Calories – 210
- Fat – 3g
- Cholesterol – 1mg
- Carbs – 40g
- Protein – 9g







42. Mix pulses calories of 100gm



- Calories – 109
- Fat – 2.2g
- Carbohydrate – 13.6g
- Protein – 8.7g

43. Peas Pulav calories of 100gm



<ul style="list-style-type: none"> <li>· Calories – 77</li> <li>· Fat – 0.37g</li> <li>· Carbs – 13.71g</li> <li>· Protein – 5.21g</li> <li>· Carbohydrate – 13.71g</li> </ul>	
<p>44. Puri calories of 1 piece</p>	
<ul style="list-style-type: none"> <li>· Calories – 107</li> <li>· Fat – 3.39g</li> <li>· Carbs – 16.82g</li> <li>· Protein – 2.71g</li> <li>· Carbohydrate – 16.82g</li> </ul>	
<p>45. Fulawar Vatana Sabzi calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 76.1</li> <li>· Fat – 4.2g</li> <li>· Carbohydrates – 8.8g</li> <li>· Protein – 3.3g</li> </ul>	
<p>46. Dal Tadka calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 67.6</li> <li>· Fat – 1.2g</li> <li>· Cholesterol – 1.9g</li> <li>· Carbohydrates – 11.1g</li> <li>· Protein – 4.1g</li> </ul>	
<p>47. Patra calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 102.1</li> <li>· Fat – 2.7g</li> <li>· Carbohydrate – 17.4g</li> <li>· Protein – 2.3g</li> </ul>	
<p>48. Khandavi calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 103</li> <li>· Fat – 4.8g</li> <li>· Carbs – 11.9g</li> <li>· Protein – 4.4g</li> </ul>	
<p>49. Veg. Frenky calories of 1 piece</p>	
<ul style="list-style-type: none"> <li>· Calories – 165</li> <li>· Fat – 5g</li> <li>· Protein – 6g</li> <li>· Carbs – 28g</li> </ul>	

50. Fried Rice with Manchurian calories



- Calories – 336.5
- Fat – 11.3g
- Carbohydrates – 54.4g
- Protein – 10.1g

51. Uttapam calories of 1 piece



- Calories – 170
- Fat – 7g
- Carbs – 24g
- Protein – 3g
- Carbohydrates – 24g

52. Mutter Puri calories



- Calories – 137
- Protein – 3.6g
- Carbohydrates – 15.7g
- Fat – 6.7g

53. Kashmiri Veg. Calories of 100gm

- Calories – 265
- Fat – 7.64g
- Carbs – 43.43g
- Protein – 8.52g
- Cholesterol – 1mg

54. Harabara Kabab calories of 4 pieces



- Calories – 290
- Fat – 7.18g
- Carbohydrates – 48.99g
- Protein – 7.8g

55. Bharwa Parwal calories of 100gm









- Calories – 76
- Fat – 2.1g
- Protein – 8.3g

56. Black grapes juice of 200ml



- Calories – 129

<ul style="list-style-type: none"> <li>· Fat – 0.17g</li> <li>· Carbs - 31.57g</li> <li>· Protein – 1.18g</li> <li>· Carbohydrates – 31.57g</li> </ul>	
<p>57. Papdi chat calories of 1 plate</p>	
<ul style="list-style-type: none"> <li>· Calories – 250</li> <li>· Fat – 2.2g</li> <li>· Cholesterol – 2.5mg</li> <li>· Carbohydrates – 15g</li> <li>· Protein – 8g</li> </ul>	
<p>58. Gulabjamun – calories of 1 pieces</p>	
<ul style="list-style-type: none"> <li>· Calories – 145</li> <li>· Fat – 7.09g</li> <li>· Carbs – 17.67g</li> <li>· Protein – 3.22gm</li> <li>· Cholesterol – 18mg</li> <li>· Carbohydrates – 17.67g</li> </ul>	
<p>59. Hot milk calories of 1 glass (200ml)</p>	
<ul style="list-style-type: none"> <li>· Calories – 124</li> <li>· Fat – 6.7g</li> <li>· Carbs – 9.32g</li> <li>· Protein – 6.64g</li> <li>· Colestrol – 21mg</li> </ul>	
<p>60. Ragda petties of 1 plate (2 pieces)</p>	
<ul style="list-style-type: none"> <li>· Calories – 500</li> <li>· Fat – 5g</li> <li>· Carbohydrates – 100g</li> <li>· Protein – 21g</li> </ul>	
<p>61. Aloo mutter sabzi calories of 100g</p>	
<ul style="list-style-type: none"> <li>· Calories – 242</li> <li>· Fat – 7g</li> <li>· Carbohydrates – 40g</li> <li>· Protein – 6g</li> </ul>	
<p>62. Vanilla cooler calories of 200ml</p>	
<ul style="list-style-type: none"> <li>· Calories – 300</li> <li>· Fat – 3.9g</li> <li>· Carbohydrates – 65.5g</li> </ul>	

<ul style="list-style-type: none"> <li>· Protein – 2.4g</li> <li>· Calcium – 78.9g</li> </ul>	
<p>63. Veg. Upma calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 322</li> <li>· Fat – 6g</li> <li>· Carbohydrates – 59g</li> <li>· Protein – 11g</li> </ul>	
<p>64. Idli calories of 2 pieces</p>	
<ul style="list-style-type: none"> <li>· Calories – 69</li> <li>· Fat – 4g</li> <li>· Protein – 4g</li> <li>· Carbs – 15g</li> </ul>	
<p>65. Menduwada calories of 1 piece</p>	
<ul style="list-style-type: none"> <li>· Calories – 170</li> <li>· Fat – 6g</li> <li>· Cholesterol – 21mg</li> <li>· Protein – 4g</li> <li>· Carbs – 24g</li> </ul>	
<p>66. Sambar calories of 200ml</p>	
<ul style="list-style-type: none"> <li>· Calories – 308</li> <li>· Fat – 11g</li> <li>· Carbs – 56g</li> <li>· Proteins – 14g</li> </ul>	
<p>67. Coconut chutney calories of 1 tablespoon</p>	
<ul style="list-style-type: none"> <li>· Calories – 60</li> <li>· Fat – 5g</li> <li>· Carbs – 3g</li> <li>· Protein – 1g</li> </ul>	
<p>68. Raspberry juice calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 53</li> <li>· Fat – 0.7g</li> <li>· Carbohydrates – 12g</li> <li>· Protein – 1.2g</li> </ul>	

69. Dalwada calories of 100gm



- Calories – 350
- Fat – 3g
- Carbs – 59g
- Proteins – 22g

70. Italian Panini calories of 1 piece



- Calories – 585
- Fat – 29g
- Cholesterol – 105mg
- Protein – 45g
- Carbs – 39g
- Sugar – 16g

71. Veg. Crispy calories of 1 bowl



- Calories - 250

72. Pineapple juice calories of 250ml



- Calories – 70
- Carbs – 18g
- Sugar – 18g
- Vitamin C – 100%

73. Bread butter jam calories of 1 piece



- Calories - 105

74. Aloo paratha calories of 2 piece



- Calories – 576
- Fat – 8g
- Cholesterol – 20mg
- Protein – 26g
- Carbs – 97g

75. Ringan bataka sabzi calories of 100gm



- Calories – 290
- Fat – 14g
- Cholesterol – 238mg
- Protein – 16g

76. Tomato soup



- Calories – 30
- Fat – 0.3g
- Carbohydrate – 7g
- Protein – 0.8g

77. Kachori chaat calories of 1 piece



- Calories – 45
- Fat – 12g

78. Dum aloo calories of 100gm



- Calories – 164
- Fat – 5g
- Carbohydrates – 34g
- Proteins – 5g

79. Dal makni calories of 100gm



- Calories – 330
- Fat – 19g
- Cholesterol – 44mg
- Protein – 13g

80. Vegetable rice calories of 1 plate



- Calories – 285
- Fat – 3g
- Carbs – 56g
- Protein – 8g

81. Tulsi sudha calories of 100ml



- Calories – 1
- Carbohydrates – 0.2gm
- Calcium – 0.1gm
- Protein – 0.3gm

82. Dhokla calorie of 85gm



- Calories – 136
- Fat – 12g
- Cholesterol – 4mg
- Carbohydrates – 18g

83. Dudhi chanadal sabzi calories of 100gm



- Calories – 60
- Fat – 1g
- Cholesterol – 1mg
- Carbohydrate – 1mg
- Protein – 1g

84. Mix dal calories of 100gm

- Calories – 174
- Fat – 6g
- Carbohydrates – 24g
- Protein – 8g

85. Green salad calories of 100gm



- Calories – 152
- Fat – 10g
- Cholesterol – 4mg
- Carbohydrate – 15g
- Protein – 1g

86. Chikoo shake calories of 200ml



- Calories – 129
- Fat – 4g
- Carbohydrate – 17g
- Proteins – 6g

87. Veg. Sandwich calories of 1 piece



- Calories – 110
- Fat – 9g
- Cholesterol – 30mg
- Protein – 7g
- Carbohydrates – 40g

88. Masala thepla calories of 2 pieces



- Calories – 127
- Fat – 5g
- Cholesterol – 1mg
- Protein – 4g



89. Mutter bhaji calories of 100gm



- Calories – 200
- Fat – 2g
- Carbohydrates – 34g
- Protein – 12g

90. Choco vanilla calories of 250gm

- Calories – 56
- Fat – 18
- Carbohydrates – 15g
- Proteins – 2gm

91. Masala pulav calories of 1 plate



- Calories – 362.7
- Fat – 9.5g
- Carbohydrates – 61.2g
- Proteins – 10.2g

92. Dadam juice calories of 250gm



- Calories – 136
- Fat – 0.7g
- Carbohydrates – 33g
- Protein – 0.4g

93. Sabudana bhel calories of 200gm



- Calories – 351
- Carbohydrates – 87g
- Calcium – 10%

94. Malai Kofta calories of 150gm




- Calories – 250
- Fat – 21g
- Cholesterol – 35mg
- Carbohydrates – 13g
- Protein – 4g
- Sodium – 651mg

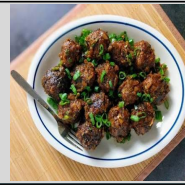
95. Rice calories of 100gm



- Calories – 130

<ul style="list-style-type: none"> <li>· Fat – 0.3g</li> <li>· Carbohydrates – 28g</li> <li>· Protein – 2.7g</li> <li>· Calcium – 1%</li> </ul>	
<p>96. Apple juice calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 46</li> <li>· Fat – 0.1g</li> <li>· Carbohydrates – 11g</li> <li>· Protein – 0.1g</li> <li>· Sodium – 4mg</li> <li>· Potassium – 101mg</li> <li>· Vitamin C – 1%</li> </ul>	
<p>97. Veg. Achari Khichdi calories of 100mg</p>	
<ul style="list-style-type: none"> <li>· Calories – 264.3</li> <li>· Fat – 13.0g</li> <li>· Carbohydrates – 29.8g</li> <li>· Protein – 7.8g</li> </ul>	
<p>98. Pakora kadhi calories of 1 bowl</p>	
<ul style="list-style-type: none"> <li>· Calories – 178</li> <li>· Fat – 4g</li> <li>· Cholesterol – 5mg</li> <li>· Proteins – 8g</li> <li>· Carbohydrates – 14g</li> <li>· Sodium – 755mg</li> <li>· Sugar – 8g</li> </ul>	
<p>99. Grill bun calories of 1 bun</p>	
<ul style="list-style-type: none"> <li>· Calories – 456</li> <li>· Fat – 35g</li> <li>· Sodium – 994mg</li> <li>· Carbohydrates – 15g</li> <li>· Proteins – 20g</li> <li>· Sugar – 2g</li> </ul>	
<p>100. Cabbage mutter calories of 100gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 130</li> <li>· Fat – 6g</li> <li>· Proteins – 5g</li> <li>· Carbohydrates – 16g</li> <li>· Potassium – 453mg</li> <li>· Sodium – 144mg</li> <li>· Vitamin C – 87%</li> <li>· Iron – 21%</li> </ul>	

101. Vegetable Manchurian calories of 1 bowl



- Calories – 150
- Fat – 9g
- Carbohydrate – 15g
- Proteins – 3g

102. Stuffed paratha calories of 1 piece



- Calories - 135

103. Veg. Biryani calories of 169gm



- Calories – 198
- Fat – 3.9g
- Sodium – 312gm
- Carbohydrates – 37g
- Proteins – 4.2g
- Iron – 6%
- Calcium – 3%
- Vitamin C – 36%
- Vitamin A – 6%

104. Aloo poha calories of 200 gm



- Calories – 360
- Fat – 6g
- Carbohydrates – 69g
- Protein – 7g
- Sodium – 250mg
- Vitamin C – 29%
- Vitamin A – 8%
- Iron – 22%
- Calcium – 4%

105. Mix fruit juice calories 100ml






- Calories – 56
- Carbohydrates – 14g
- Vitamin A – 115%
- Calcium – 7%
- Vitamin C – 2%

106. French Fries calories of 100gm



- Calories – 312
- Fat – 15g
- Carbohydrates – 41g

· Proteins – 3.4g	
107. Mix pulses calories of 100gm	
· Calories – 354 · Carbohydrates – 61g · Proteins – 23g	
108. Broccoli almond soup calories in 1 bowl	
· Calories – 104 · Fat – 6g · Cholesterol – 2mg · Protein – 8g · Carbohydrates – 5g	
109. Veg. Cutlet calories in 1 piece	
· Calories – 120 · Fat – 8g · Carbohydrates – 12g · Protein – 2g	
110. Halwa calories in 100ms	
· Calories – 469 · Fat – 22g · Carbohydrates – 49g · Protein – 12g	
111. White bread calories in 100gms	
· Calories – 265 · Fat – 3.2g · Carbohydrates – 49g · Protein – 9g	
112. Wheat bread calories in 100gms	
· Calories – 247 · Fat – 3.4g · Carbohydrates – 41g · Protein – 13g	
113. Mushroom bhaji calories in 100gm	
· Calories – 293	

- Fat – 23g
- Carbohydrates – 11g
- Protein – 7g

114. Maggi noodles calories in 1 plate



- Calories – 298
- Fat – 1.9g
- Carbohydrates – 61.0g
- Protein – 8.6g

115. Cheese paneer bowl calories (30gm)

- Calories – 90
- Fat – 7g
- Cholesterol – 25mg
- Protein – 6g

116. Rose cooler calories in 250 ml



- Calories – 227
- Sugar – 24g

117. Aloo mutter tomato calories in 100gm



- Calories – 95.9
- Fat – 2.2g
- Carbohydrates – 17.4g
- Proteins – 2.5g

118. Sev Usal calories in 1 bowl (100gm)



- Calories – 416
- Fat – 12g
- Carbohydrates – 58g
- Protein – 9g
- Sugar – 9g






119. Sweet corn soup calories in 1 bowl



- Calories – 294.6
- Fat – 8.3g
- Carbohydrate – 50.6g
- Protein – 12.9g

120. Aloo wada calories in 100gms



<ul style="list-style-type: none"> <li>· Calories – 128</li> <li>· Fat – 6.9g</li> <li>· Carbohydrates – 25.6g</li> <li>· Protein – 4.8g</li> </ul>	
<p>121. Kadhai Paneer calories in 100 gms</p>	
<ul style="list-style-type: none"> <li>· Calories – 145</li> <li>· Fat – 11g</li> <li>· Carbohydrates – 12g</li> <li>· Protein – 7g</li> </ul>	
<p>122. Veg. Poha calories in 250gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 185</li> <li>· Carbohydrates – 38g</li> <li>· Protein – 10g</li> </ul>	
<p>123. Aloo palak calories in 250gm</p>	
<ul style="list-style-type: none"> <li>· Calories – 203</li> <li>· Fat – 13.5g</li> <li>· Cholesterol – 32.5g</li> <li>· Carbohydrates – 19.5g</li> <li>· Protein – 4.5g</li> </ul>	
<p>124. Cold cocoa per small glass</p>	
<ul style="list-style-type: none"> <li>· Energy – 170cal</li> <li>· Protein – 4.98</li> <li>· Carbohydrates – 18.1g</li> <li>· Fiber – 18</li> <li>· Fat – 6.98</li> <li>· Vitamin A – 16mg</li> <li>· Vitamin B1 – 0mg</li> <li>· Vitamin B2 – 0.1mg</li> <li>· Vitamin B3 – 0.2mg</li> <li>· Vitamin C – 1mg</li> <li>· Folic Acid – 6.6mcg</li> <li>· Calcium – 213.8mg</li> <li>· Iron – 0.6mg</li> <li>· Magnesium – 34mg</li> <li>· Phosphorus – 152mg</li> <li>· Sodium – 19.6mg</li> <li>· Pottanium – 135.7mg</li> <li>· Zinc – 0.2mg</li> </ul>	
<p>125. Orange juice per 200ml</p>	
<ul style="list-style-type: none"> <li>· Calories – 94</li> <li>· Fat – 0.42mg</li> <li>· Sodium 2mg</li> </ul>	

- Potassium – 419mg
- Carbohydrate – 21.8g
- Protein – 1.47g
- Vitamin A – 8%
- Vitamin C – 175%
- Calcium – 2%
- Iron – 2%