

HEALTHY DIET RECEIPE

DALIYA UPMA

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Oatmeal -Daliya	30 gm	2. Onion (1 small)	30 gm	3. Tomoto	30 gm
4. Black gram	20 gm	5. Turmeric	1 gm	6. Curry leaves	1 gm
7. Corriender	2 gm	8. Mustard seeds	1 gm	9. Cumin Seeds	1 gm
10. Asafoetida	0.5 gm	11. Chillies - green	5 gm	12. Sunflower oil	10 gm

Procedure:

Heat oil in a pan. Add mustard seeds, cumin seeds and onion (fry till onion becomes soft). Add chillies, asafoetida, curry leaves and black gram. Soute for 2 mins. Add turmeric, tomato and dalia. Soute for 2 mins. Add water, salt for test and cook for 3 mins. Serve hot.

Serves 1

Nutritional Information (Approximate per recipe)

Energy kCal	312.9	Vitamin B6, mg	0.0	Iron, mg	3.8
Protein, gm	10.4	Folic Acid, mcg	49.1	Magnesium, mg	48.4
Carbohydrates, gm	37.8	Vitamin B12, mcg	0.0	Copper, mcg	336.5
Fat, gm	13.3	Vitamin C, mg	14.4	Manganese, mg	0.5
Dietary Fiber, gm	3.8	Vitamin D, mcg	0.0	Molybdenum, mcg	89.4
Vitamin A, mcg	284.5	Vitamin E, mg	0.2	Zinc, mg	0.9
Vitamin B1, mg	0.5	Vitamin K, mcg	0.0	Chromium, mcg	14
Vitamin B2, mg	0.1	Calcium, mg	111.0	Selenium, mcg	0
Vitamin B3, mg	1.2	Phosphorus, mg	235.3	Omega 3, mg	0
				Omega 6, mg	3900

Benefits:

- 1- High Protein
- 2- Good in fibre and iron

Benificiary:

- 1- Healthy diet snack for all.
- 2- Good diabetic diet

Legends

Qty - Quantity

gm - gram

mg - miligram

mcg - microgram

Visit us at www.dietkundali.com to know your detailed nutritional status