

HEALTHY DIET RECEIPE

Pineapple Milk Shake

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Milk	360 ml	2. Pineapple essence	3 drops	3. Pineapple	100 gm
4. Sugar	30 gm	5. Crushed Ice	4 cubes	6. Yellow colour	1 drop

Procedure: Cut the pineapple slice finely. Add sugar and milk. Blend the mixture well in a blender till light, frothy and smooth. Add the colour and essence, Mix well. Serve immediately over crushed ice in a tall glass.

Nutritional Information (Approximate per recipe)

Energy kCal	406.6	Vitamin B6, mg	0.0	Iron, mg	3.2
Protein, gm	12.0	Folic Acid, mcg	30.6	Magnesium, mg	33.0
Carbohydrates, gm	56.5	Vitamin B12, mcg	0.5	Copper, mcg	130.0
Fat, gm	14.9	Vitamin C, mg	46.2	Manganese, mg	0.6
Dietary Fiber, gm	2.8	Vitamin D, mcg	3.6	Molybdenum, mcg	0.0
Vitamin A, mcg	208.8	Vitamin E, mg	0.0	Zinc, mg	0.1
Vitamin B1, mg	0.4	Vitamin K, mcg	0.0	Chromium, mcg	11
Vitamin B2, mg	0.8	Calcium, mg	455.6	Selenium, mcg	0
Vitamin B3, mg	0.5	Phosphorus, mg	333.3	Omega 3, mg	0
				Omega 6, mg	0

Benefits:

- 1- High Protein
- 2- Rich in Vitamin C and iron

Legends

Qty - Quantity

gm - gram

mg - miligram

mcg - microgram

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