

HEALTHY DIET RECEIPE

Raita

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1. Curd	200 gm	2. Cucumber	100 gm	3. Roasted cumin	5 gm
4. Pepper Powder	2 gm	5. salt	to taste	6. Coriander leaves	5 gm

Procedure: Chop cucumber finely. Beat Curd, Add jeera powder, salt and pepper powder to taste. Add Finely chopped cucumber. Garnish with finely chopped coriander leaves.

Nutritional Information (Approximate per recipe)

Energy kCal	159.1	Vitamin B6, mg	0.0	Iron, mg	1.9
Protein, gm	7.9	Folic Acid, mcg	39.7	Magnesium, mg	42.7
Carbohydrates, gm	11.6	Vitamin B12, mcg	0.3	Copper, mcg	160.9
Fat, gm	9.0	Vitamin C, mg	15.9	Manganese, mg	0.3
Dietary Fiber, gm	5.0	Vitamin D, mcg	0.0	Molybdenum, mcg	126.0
Vitamin A, mcg	455.6	Vitamin E, mg	0.0	Zinc, mg	0.4
Vitamin B1, mg	0.2	Vitamin K, mcg	15.5	Chromium, mcg	4
Vitamin B2, mg	0.3	Calcium, mg	380.4	Selenium, mcg	0
Vitamin B3, mg	0.6	Phosphorus, mg	244.1	Omega 3, mg	0
				Omega 6, mg	0

Benefits:

- 1- High Protein diet
- 2- High Fibre diet

Legends

Qty - Quantity

gm - gram

mg -

milligram

mcg - microgram

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