

HEALTHY DIET RECEIPE

Thepla

Ingredients	Qty	Ingredients	Qty	Ingredients	Qty
1.Wheat Flour	35 gm	2. Bengal Gram flour	15 gm	3. Methi leaves	10 gm
4. Oil	10 gm	5. Turmeric powder	1 gm	6. Salt	To taste
7. coriander leaves	5 gm				

Procedure: Sieve wheat and bengal gram flour. Clean, wash and chop the methi leaves and coriander leaves and add into flour. Add garam masala, turmeric, salt and prepare dough. Prepare small balla and roll out. Roast it over a tawa with little oil and serve hot.

Nutritional Information (Approximate per receipe)

Energy kCal	275.3	Vitamin B6, mg	0.0	Iron, mg	4.1
Protein, gm	8.3	Folic Acid, mcg	33.6	Magnesium, mg	53.8
Carbohydrates, gm	34.6	Vitamin B12, mcg	0.0	Copper, mcg	199.4
Fat, gm	11.5	Vitamin C, mg	12.0	Manganese, mg	0.9
Dietary Fiber, gm	5.3	Vitamin D, mcg	0.0	Molybdenum, mcg	109.7
Vitamin A, mcg	667.3	Vitamin E, mg	0.4	Zinc, mg	0.8
Vitamin B1, mg	0.2	Vitamin K, mcg	15.5	Chromium, mcg	4
Vitamin B2, mg	0.1	Calcium, mg	75.7	Selenium, mcg	0
Vitamin B3, mg	1.8	Phosphorus, mg	186.7	Omega 3, mg	0
				Omega 6, mg	0

Benefits:

- 1- High fibre diet
- 2- Good source of iron
- 3- Rich in molybdenum

Legends

Qty - Quantity
 gm - gram
 mg - miligram
 mcg - microgram

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