Wednesday, November 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Warburtons Crumpet	196	0.8	0.2	40			6			
2 x 1 crumpet, 110 g										
Lunch										
Vegetable Curry	208	7.88	1.095	29.74	6.4	6.46	6.4	523	0	
1 cup										
Chickpea Curry	515	15.9	2.083	77.8	15.8	3.57	17.85	1672	0	
2 cups										
Total	723	23.78	3.178	107.54	22.2	10.03	24.25	2195	0	
Dinner										
Snacks/Other										
Kinder Surprise Egg	111	6.9	4.6	10.5	0	10.2	1.7	30		
1 egg, 20 g										
Gulab Jamun	291	14.17	6.439	35.33	0.5	26.43	6.44	99	36	
2 pieces										
Samosa	308	17.86	3.932	32.21	1.7	1.26	4.67	816	9	185
1 regular samosa										
Chapati	136	1.24	0.497	26	0.9	0.52	4.67	110	2	
2 pieces										
Total	846	40.17	15.468	104.04	3.1	38.41	17.48	1055	47	185
Total	**1765**	**64.75**	**18.846**	**251.58**	**25.3**	**48.44**	**47.73**	**3250**	**47**	**185**