

RASOI- NUTRITIVE VALUE OF FOOD ITEMS

COLD PRESSED JUICES

Toxin Flush



Nutritive Value per 100ml (approx)

Cals- 214 calories

Carbs- 53.53 g

Protein- 5.2 g

Vit A- 5.17 mcg

Vit C- 19.1 mg

Iron- 2.02 mg

Ingredients: Apple, Beetroot, Carrot, Ginger

Restore



Nutritive Value per 100ml (approx)

Cals- 121 calories

Carbs- 30.25 g

Protein- 2.24 g

Vit A- 19 mcg

Vit C- 109.8 mg

Iron- 2.03 mg

Ingredients: Orange, Pineapple, Ginger, Fresh Turmeric, Lemon

BAKERY (BREADS & COOKIES)

Whole Wheat Bread



Ingredients- Whole Wheat flour (Atta), Salt, Sugar, Yeast, Milk, R.O Water

Nutritional Information (Value per 100 g)

Calories- 247 kcal
Protein- 13 g
Carbohydrate- 41 g
Fat- 3.4 g
Sodium- 400 mg
Potassium- 248 mg
Calcium- 83 mg
Iron- 2.4 mg

Multigrain Wheat Bread



Ingredients- Whole Wheat flour (Atta), Multigrain Mix (flax, sesame, crushed wheat, oats flakes, soy grits, linseed, crushed sunflower seeds, malted rye), Salt, Sugar, Yeast, Milk, R.O Water.

Nutritional Information (Value per 100 g)

Calories- 276 kcal
Protein- 14 g
Carbohydrate- 44 g
Fat- 4.4 g
Sodium- 396 mg
Potassium- 240 mg
Calcium- 86 mg
Iron- 2.50 mg

COOKIES

Almond cookies



Ingredients- Refined Wheat flour (Maida), Sugar, Butter, Milk, Chopped Almonds, Almond extract, raising agents.

Nutritional Information (Value per 100 g)

Calories- 447 kcal
Protein- 7 g
Carbohydrate- 46.6 g
Fat- 25.3 g
Sodium- 167 mg
Potassium- 130 mg
Calcium- 40 mg
Iron- 1.8 mg

MAWA CAKE:



Ingredients- Refined Wheat flour (Maida), Sugar, Mawa, Butter, Milk, Natural/artificial flavourings, Chopped Almonds, Raising agents.

Nutritional Information (Value per 100 g)

Calories- 427 kcal
Protein- 9 g
Carbohydrate- 48 g
Fat- 28 g
Sodium- 130 mg
Potassium- 0 mg
Calcium- 38 mg
Iron- 0 mg