

Your Personal Nutritional Doctor!

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Analyze

INGREDIENTS: Moth Bean Flour (90%), Gram Flour, Cotton Seed Oil, Spice Mixes (Common Salt, Amchoor Dried, Mango Powder, Cumin, Coriander, Dried Ginger, Black Salt, Black Pepper, Asafoetida, and Chili Powder).

ALLERGEN DECLARATION: May contain gluten, peanuts, sesame and milk

Number of Servings in this Pack Approx - 3.5
Serving Size -50g

*NUTRITIONAL INFORMATION	Per 100g	**% Daily Values
Energy (kcal)	589.84	14.75%
Total Fat (g)	42.34	31.60%
Saturated Fat (g)	33.22	75.50%
Trans Fat (g)	0.1	
Cholesterol (mg)	0	
Sodium (mg)	908.839	22.72%
Total Carbohydrates (g)	37.78	
Dietary Fibre (g)	4.63	
Total Sugar (g)	3.59	3.59%
Added Sugar (g)	0	
Protein (g)	14.42	

*These are approximate values. **% Daily Values are based on a 2,000 kcal diet. Your daily values maybe higher or lower depending on your calorie needs.

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Results:

1. Overall Product Assessment

Nutritional Profile:

- **Calories:** 589.84 kcal per 100g
- **Total Fat:** 44.34g (31.60% DV)
 - Saturated Fat: 33.22g (75.50% DV)
 - Trans Fat: 0.1g
- **Cholesterol:** 0mg

- **Sodium:** 908.83mg (22.72% DV)
- **Total Carbohydrates:** 37.78g
 - Dietary Fiber: 4.63g
 - Total Sugar: 3.59g (3.59% DV)
 - Added Sugar: 0g
- **Protein:** 14.42g

Health Benefits:

- **Fiber Content:** Contains a moderate amount of dietary fiber, which supports digestive health.
- **Protein Content:** A good source of protein, beneficial for muscle maintenance and repair.

Health Concerns:

- **Saturated Fat:** High in saturated fat, which may be a concern for heart health if consumed in excess.
- **Sodium Content:** Relatively high sodium content, which can be a concern for those managing blood pressure or heart health.

2. Suitability for Different Dietary Needs

General Consumption:

- **Suitability:** The product is calorie-dense and high in fat and sodium. Suitable for occasional consumption rather than regular use.

Vegetarian and Vegan Diets:

- **Ingredients:** Contains moth bean flour, gram flour, and spice mixes.
- **Suitability:** Suitable for both vegetarians and vegans as it does not contain animal-derived ingredients.

Heart Health:

- **Concerns:** High levels of saturated fat and sodium may impact heart health negatively if consumed frequently. No cholesterol, which is a positive aspect.

Weight Management:

- **Evaluation:** High in calories and fat. Not ideal for those on a calorie-restricted or weight management diet unless consumed in very small portions.

Diabetes Management:

- **Carbohydrates and Sugar:** Contains moderate carbohydrates with low sugar content. Impact on blood sugar would need to be managed as part of a balanced diet.

3. Final Recommendation

- **Frequency of Consumption:** Recommended for occasional consumption rather than daily due to high fat, saturated fat, and sodium content.
- **Portion Control Advice:** Keep portions small, especially for those monitoring their weight, heart health, or sodium intake.