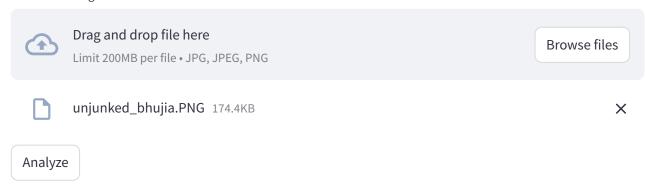
Your Personal Nutritional Doctor!

Upload an image of the product label to analyze.

Choose an image...



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.

Uploaded Image

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)

o 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.