Chilli chicken

INGREDIENTS:

Chicken, Soya sauce, Chilli sauce, Ketchup, Capsicum

Onion, Egg, Pepper powder, Chilli powder, Vinegar,

Corn flour, Sugar, Garlic, Green chilli, Salt, Oil.

NUTRIENTS:

**Carbs ----------------------------------------------------------------------------------------13g**

Dietary Fiber -------------------------------------------------------------------------------2g

Sugar ----------------------------------------------------------------------------------------4g

**Fat --------------------------------------------------------------------------------------------8g**

Saturated ------------------------------------------------------------------------------------2g

Polyunsaturated ---------------------------------------------------------------------------0g

**Protein --------------------------------------------------------------------------------------16g**

Sodium --------------------------------------------------------------------------------------240mg

Potassium ----------------------------------------------------------------------------------444mg

Cholesterol ---------------------------------------------------------------------------------63mg

Vitamin A ------------------------------------------------------------------------------------18%

Vitamin C ------------------------------------------------------------------------------------74%

Calcium --------------------------------------------------------------------------------------6%

Iron --------------------------------------------------------------------------------------------12%

TANDOORI

INGREDIENTS:

Chicken, Curd, Garam masala, Coriander powder, Pepper powder, Turmeric, Chili powder, Ginger garlic paste, Kasuri methi, lemon juice, oil, salt, Butter, Ghee, Charcoal.

NUTRIENTS:

**Carbs --------------------------------------------------------------------------------------------11g**

Dietary Fiber -----------------------------------------------------------------------------------2g

Sugar --------------------------------------------------------------------------------------------1g

**Fat -----------------------------------------------------------------------------------------------2g**

Saturated ---------------------------------------------------------------------------------------0g

Polyunsaturated ------------------------------------------------------------------------------0g

**Protein -----------------------------------------------------------------------------------------10g**

Sodium -----------------------------------------------------------------------------------------46mg

Potassium -------------------------------------------------------------------------------------0mg

Cholesterol ------------------------------------------------------------------------------------0mg

Vitamin A ---------------------------------------------------------------------------------------0%

Vitamin C ---------------------------------------------------------------------------------------0%

Calcium ------------------------------------------------------------------------------------------0%

Iron ------------------------------------------------------------------------------------------------0%

SHAWARMA

INGREDIENTS:

Chicken(or)vegetables, Garlic, olive oil, chilli powder,

Cumin powder, spice powder, Turmeric, cinnamon powder, yogurt, lemon juice, salt, pepper, pitta, onion.

NUTRIENTS:

**Carbs ---------------------------------------------------------------------------------------------50g**

Dietary Fiber ------------------------------------------------------------------------------------g

Sugar ---------------------------------------------------------------------------------------------3g

**Fat ------------------------------------------------------------------------------------------------18g**

Saturated ----------------------------------------------------------------------------------------g

Polyunsaturated -------------------------------------------------------------------------------g

**Protein ------------------------------------------------------------------------------------------55g**

Sodium ---------------------------------------------------------------------------------------980mg

Potassium -------------------------------------------------------------------------------------mg

Cholesterol ------------------------------------------------------------------------------------mg

Vitamin A ---------------------------------------------------------------------------------------%

Vitamin C ---------------------------------------------------------------------------------------%

Calcium -----------------------------------------------------------------------------------------%

Iron ----------------------------------------------------------------------------------------------%

FRENCH FRIES

INGREDIENTS:

Potatoes, water, salt, corn flour, oil, garlic powder, onion powder, red chili flakes, dried basil, oregano, black pepper.

NUTRIENTS:

**Carbs ------------------------------------------------------------------------------------------20g**

Dietary Fiber ----------------------------------------------------------------------------------2g

Sugar -------------------------------------------------------------------------------------------0g

**Fat ----------------------------------------------------------------------------------------------4g**

Saturated --------------------------------------------------------------------------------------1g

Polyunsaturated -----------------------------------------------------------------------------0g

**Protein -----------------------------------------------------------------------------------------2g**

Sodium ----------------------------------------------------------------------------------------0mg

Potassium ------------------------------------------------------------------------------------0mg

Cholesterol -----------------------------------------------------------------------------------0mg

Vitamin A -------------------------------------------------------------------------------------0%

Vitamin C -------------------------------------------------------------------------------------0%

Calcium ---------------------------------------------------------------------------------------0%

Iron --------------------------------------------------------------------------------------------0%

CHICKEN NOODLES

INGREDIENTS:

Chicken, noodles, garlic, capsicum, onion, garam masala, salt, soya sauce, pepper, egg, oil, spring onion, carrot, chilli sauce,

NUTRIENTS:

**Carbs60 g**

Dietary Fiber2 g

Sugar2 g

**Fat22 g**

Saturated10 g

Polyunsaturated-- g

**Protein10 g**

Sodium1 mg

Potassium-- mg

Cholesterol-- mg

Vitamin A-- %

Vitamin C-- %

Calcium-- %

Iron-- %

CHOCOLATE TRUFFLE

INGREDIENTS:

Chocolate, heavy cream, butter, vanilla extract,

NUTRIENTS:

**Carbs10 g**

Dietary Fiber1 g

Sugar8 g

**Fat6 g**

Saturated4 g

Polyunsaturated0 g

Monounsaturated0 g

Trans0 g

**Protein1 g**

Sodium10 mg

Potassium0 mg

Cholesterol5 mg

Vitamin A0 %

Vitamin C0 %

Calcium2 %

Iron4 %

BLACK FOREST

INGREDIENTS:

CAKE:

9 large eggs, room temp  
1 cup granulated sugar  
1 cup all-purpose flour   
1/2 cup unsweetened cocoa powder  
4 Tbsp (1/4 cup) unsalted butter, melted and cooled to room temp  
1/2 tsp vanilla extract.

FILLING:

4 cups (1 lb) bing cherries, pitted, plus 12 whole cherries for decor (If not in season, see \*Recipe Tips)  
3 Tbsp kirsch (a cherry liqueur)  
1/4 cup cold water

FROSTING:

3 1/2 cups heavy whipping cream  
1/3 cup Confectioners sugar  
1 Tbsp kirsch (cherry liqueur)  
4 oz good quality dark chocolate

NUTRIENTS:

**Carbs46 g**

Dietary Fiber5 g

Sugar8 g

**Fat4 g**

Saturated1 g

Polyunsaturated0 g

**Protein18 g**

Sodium800 mg

Potassium0 mg

Cholesterol25 mg

Vitamin A8 %

Vitamin C20 %

Calcium30 %

Iron15 %

MILK SHAKES

INGRADIENTS:

Ice-cream, milk, added flavours.

NUTRITIONS:

**Carbs31 g**

Dietary Fiber0 g

Sugar28 g

**Fat12 g**

Saturated8 g

Polyunsaturated0 g

**Protein7 g**

Sodium0 mg

Potassium0 mg

Cholesterol0 mg

Vitamin A0 %

Vitamin C0 %

Calcium0 %

Iron0 %

PUFF

INGREDIENTS:

for dough:

* ▢3 cups maida / all-purpose flour / plain flour
* ▢salt to taste
* ▢2 tbsp butter (unsalted)
* ▢cold water (as required)

for butter dough:

* ▢400 grams butter (cold)
* ▢2 tsp lemon juice / vinegar
* ▢salt to taste
* ▢½ cup maida / all-purpose flour / plain flour

for stuffing:

* ▢2 tsp oil
* ▢½ tsp cumin seeds / jeera
* ▢½ medium sized onion (finely chopped)
* ▢1 green chilli (finely chopped)
* ▢1 tsp ginger-garlic paste
* ▢½ cup peas / matar
* ▢½ cup beetroot (finely chopped)
* ▢1 carrot (finely chopped)
* ▢5 beans (finely chopped)
* ▢½ tsp turmeric / haldi
* ▢½ tsp kashmiri red chili powder / lal mirch powder
* ▢salt to taste
* ▢½ tsp [garam masala](https://hebbarskitchen.com/homemade-garam-masala-powder-recipe/)
* ▢½ tsp aamchur powder / dry mango powder
* ▢2 medium sized potato (boiled, peeled & mashed)
* ▢2 tbsp coriander leaves (finely chopped)

other ingredients:

* ▢¼ cup maida / all-purpose flour / plain flour (for dusting)
* ▢2 tbsp butter

NUTRIENTS:

|  |  |
| --- | --- |
| **Calories** 558 | |
| **% Daily Value\*** | |
| **Total Fat** 39 g | 60% |
| Saturated fat 6 g | 30% |
| **Cholesterol** 0 mg | 0% |
| **Sodium** 253 mg | 10% |
| **Potassium** 62 mg | 1% |
| **Total Carbohydrate** 46 g | 15% |
| Dietary fiber 1.5 g | 6% |
| Sugar 0.8 g |  |
| **Protein** 7 g | 14% |

|  |  |  |  |
| --- | --- | --- | --- |
| Vitamin C | 0% | Calcium | 1% |
| Iron | 14% | Vitamin D | 0% |
| Vitamin B6 | 0% | Cobalamin | 0% |
| Magnesium | 4% |  |  |

SAMOSAS

INGREDIENTS:

* 2 cup all purpose flour
* 1 teaspoon cumin seeds
* 1 teaspoon crushed ginger
* 1 teaspoon raisins
* 5 boiled potato
* 1 teaspoon coriander powder
* 1 teaspoon red chilli powder
* 1 teaspoon kasoori methi leaves
* 1 teaspoon carom seeds
* 1/4 cup water
* 2 cup refined oil
* 1/2 teaspoon coriander seeds
* 1 teaspoon green chilli
* 1 teaspoon cashews
* 1 teaspoon cumin powder
* 1/2 teaspoon garam masala powder
* salt as required
* 1 teaspoon coriander leaves
* 2 tablespoon ghee
* 1 handful raw peanuts

NUTRITIONS:

**Carbs32 g**

Dietary Fiber0 g

Sugar0 g

**Fat17 g**

Saturated0 g

Polyunsaturated0 g

Monounsaturated0 g

Trans0 g

**Protein4 g**

Sodium816 mg

Potassium0 mg

Cholesterol9 mg

Vitamin A0 %

Vitamin C0 %

Calcium0 %

Iron0 %