

Creating a **nutrient powder** recipe with roasted peanuts, walnuts, almonds (badam), cashews, jaggery, and powdered rice is a great way to **combine healthy fats, proteins, carbohydrates, vitamins, and minerals**. Below is a detailed documentation of your nutrient powder recipe, including a **breakdown** of each ingredient's nutritional content, as well as the **total nutritional value**.

***Total for 100 g of Each Ingredient***

Nutrient	Roasted Peanuts	Walnuts	Almonds	Cashews	Jaggery	Powdered Rice	Total
Calories (kcal)	567	654	576	553	383	365	3098
Protein (g)	25.8	15.2	21.2	18.2	0.4	6.7	87.5
Fat (g)	49.2	65.2	50.2	43.9	0.1	0.6	208.2
Carbohydrates (g)	16.1	13.7	19.6	30.2	98.2	80.1	258.0
Fiber (g)	8.5	6.7	12.5	3.3	0	2.4	33.4
Sugars (g)	4.7	2.6	4.4	5.2	97.5	0.1	114.5
Magnesium (mg)	168	158	268	292	70	25	981
Potassium (mg)	705	441	705	660	80	115	2706
Iron (mg)	0.5	2.9	3.7	6.7	11	0.2	24.0
Vitamin E (mg)	8.3	0.7	25.6	0.9	0	0	35.5

Your homemade nutrient powder recipe provides a significant amount of energy, protein, and healthy fats. Here’s a quick summary of the nutritional values for 600 g of the powder:

- **Total Calories:** 3098 kcal
- **Total Protein:** 87.5 g
- **Total Fat:** 208.2 g
- **Total Carbohydrates:** 258.0 g
- **Total Fiber:** 33.4 g
- **Total Sugars:** 114.5 g
- **Total Magnesium:** 981 mg
- **Total Potassium:** 2706 mg
- **Total Iron:** 24.0 mg
- **Total Vitamin E:** 35.5 mg

**Suggested Use**

You can use this nutrient powder in various ways:

- **Smoothies:** Add a tablespoon to your smoothies for an energy boost.
- **Breakfast Cereal:** Sprinkle over oatmeal or yogurt.
- **Baking:** Incorporate into muffins, pancakes, or bread.
- **Snack:** Mix with water or milk for a quick nutritious snack.

To calculate the cost of your nutrient powder recipe in Indian Rupees (INR), we'll first need to estimate the price per kilogram (kg) for each ingredient based on average market prices in India. Prices can vary based on location and availability, so these are approximate values.

## Ingredient Costs for 100 g Each

Since we are using 100 g of each ingredient in your recipe, we will calculate the cost for 100 g portions of each ingredient.

Ingredient	Price per kg (₹)	Cost for 100 g (₹)
Roasted Peanuts	150	15
Walnuts	800	80
Almonds (Badam)	700	70
Cashews	900	90
Jaggery	60	6
Powdered Rice	50	5

## Total Cost Calculation

Now, we will sum the costs for all the ingredients used in the recipe:

Total Cost = 15 + 80 + 70 + 90 + 6 + 5 = **266**

## Summary of Costs

- Total Cost for **600 g** Nutrient Powder (100 g of each ingredient): **₹266**

This nutrient powder combines the health benefits of nuts, natural sweeteners, and whole grains. It is a versatile and nutrient-dense option for enhancing your diet.