

Below is a detailed documentation for a weight-gain smoothie recipe, including nutritional breakdowns for each ingredient and the total nutrient content.

Weight Gain Smoothie Recipe

Ingredients:

- 1. 1 Banana
- 2. Soaked Almonds (Badam) - 10 nos
- 3. Soaked Cashews - 10 nos
- 4. Soaked Walnuts - 10 nos
- 5. Soaked Dates - 6 nos
- 6. 150 ml Milk
- 7. Soaked Raisins - 12 nos

Note: Soak all nuts and raisins for at least 3 hours before use.

Total Nutritional Breakdown

Now, let's calculate the total nutrient content of the smoothie based on the above information.

Nutrient	Banana	Almonds (10)	Cashews (10)	Walnuts (10)	Dates (6)	Milk (150 ml)	Raisins (12)	Total
Calories (kcal)	105	82	87	164	270	90	54	792
Protein (g)	1.3	3.1	2.9	4.1	2.4	4.5	0.5	18.5
Fat (g)	0.3	7.2	7.1	16.4	0.2	5	0.2	36.4
Carbohydrates (g)	27	3	5	3.4	75	12	15	166.4
Fiber (g)	3.1	1.5	0.5	1.9	6.4	0	0.8	13.2
Sugars (g)	14.4	0.3	1.2	0.5	66.5	12	12	107.1
Magnesium (mg)	32	24	34	44	54	12	18	218
Potassium (mg)	422	207	160	125	1,080	366	267	2,627
Calcium (mg)	6	18	0	0	0	150	18	192
Vitamin E (mg)	0.2	2.7	0.9	0.2	0	0	0	3.0

Summary

Your weight-gain smoothie provides a nutritious blend of carbohydrates, healthy fats, and proteins, making it an excellent choice for increasing caloric intake.

- **Total Calories: 792 kcal**
- **Total Protein: 18.5 g**
- **Total Fat: 36.4 g**
- **Total Carbohydrates: 166.4 g**

- **Total Fiber: 13.2 g**
- **Total Sugars: 107.1 g**
- **Total Magnesium: 218 mg**
- **Total Potassium: 2,627 mg**
- **Total Calcium: 192 mg**
- **Total Vitamin E: 3.0 mg**

Suggested Use

This smoothie is designed for weight gain and can be consumed daily, **1-2 times** as needed. You can enjoy it as a breakfast option or as **a mid-day snack to help meet your caloric goals.**

Cost in Rupees

Here are the estimated prices for each ingredient in Indian Rupees:

- **Banana:** ₹30/kg (approx. ₹3 for 1 banana)
- **Almonds:** ₹700/kg (approx. ₹7 for 10 almonds)
- **Cashews:** ₹900/kg (approx. ₹16 for 10 cashews)
- **Walnuts:** ₹800/kg (approx. ₹20 for 10 walnuts)
- **Dates:** ₹200/kg (approx. ₹12 for 6 dates)
- **Milk:** ₹50/liter (approx. ₹7.5 for 150 ml)
- **Raisins:** ₹300/kg (approx. ₹6 for 12 raisins)

Ingredient Costs

Ingredient	Price per kg (₹)	Cost for Ingredient (₹)
Banana	30	3
Almonds (10)	700	7
Cashews (10)	900	16
Walnuts (10)	800	20
Dates (6)	200	12
Milk (150 ml)	50	7.5
Raisins (12)	300	6

Total Cost Calculation

Cost=3+7+16+20+12+7.5+6=**71.5 INR**

Total Cost Summary

- Total Cost for 1 Serving of Weight Gain Smoothie: **₹72**

This is the estimated cost for making one serving of your weight-gain smoothie. The prices can vary depending on where you purchase the ingredients.