***Beef Kafta Skewers with Hummus and Tabouleh***

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| **Item Name** | **Quantity** | **Calorie** |
| ***Beef Kafta - Make it flat round shape*** | | |
| Beef Topside | 1 kg | 1500 Cal |
| Chopped Onion | 120 g | 50 Cal |
| Chopped Parsley | 40 g | 15 Cal |
| Salt | 10 g | 0 |
| Cinnamon Powder | 2 g | 6 Cal |
| White Pepper | 2 g | 6 Cal |
| Chili Powder | 2 g | 6 Cal |
| Olive Oil |  |  |
| ***Total*** | ***1176g***  ***After cooking 823g*** | ***1583 Cal***  ***1.92 Cal/g*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Hummus*** | | |
| Chickpeas (Garbanzo Beans), Boiled | 1 kg | 1,640 Cal. |
| Ice Cubes | 400 g | 0 Cal. |
| Tahini | 350 g | 2,100 Cal. |
| Canola Oil | 100 g | 900 Cal. |
| Salt | 12 g | 0 Cal. |
| Lemon Salt | 12 g | 12 Cal. |
| ***Total*** | ***1874g*** | ***4652 Cal***  ***2.48 Cal/g*** |

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| ***Tabbouleh Mix*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Bulgur | 15 g | 10 Cal |
| Chopped Parsley | 60 g | 20 Cal |
| Onion | 15 g | 5 Cal |
| Fresh Tomato | 50 g | 10 g |
| ***Total*** | 140 g | 45 Cal |
| ***0.32 Cal/g*** | |

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| **Item Name** | **1p** | **2p** | **3p** |
| Kofta | 110g / 240 Cal | 120g /240 Cal | 150g / 300 Cal |
| Hummus | 40 g / 40 Cal | 60g / 60 Cal | 80g / 80 Cal |
| Brown Bread | 15g / 40 Cal | 15g = 40 Cal | 30g = 80 Cal |
| Sweet Pepper Paste | 10g / 3 Cal | 10g = 3 Cal | 20g = 6 Cal |
| Tabbouleh Mix | 100g / 32 | 120 / 38 Cal | 150/48 Cal |
| Grilled Onion | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Grilled Tomato | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| Grilled Mixed Bell Pepper | 20g / 10 Cal | 30g / 15 Cal | 40g / 25Cal |
| ***TOTAL*** | 335g / 385 Cal | 415g/426 Cal | 550g/589 Cal |