***Chicken Kebab with Vermicelli Rice Recipe:***

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| ***Chicken Kebab*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Chicken Breast Minced | 1000 g | 1200 Cal |
| Coriander Powder | 10 g | 0 Cal |
| Paprika Powder | 10 g | 30 Cal |
| Cumin Powder | 10 g | 40 Cal |
| Garlic Paste | 10 g | 15 Cal |
| Ginger Paste | 10 g | 10 Cal |
| Salt | 8 g | 0 Cal |
| Lime Juice | 20 g | 0 Cal |
| Sesame Oil | 20 g | 180 Cal |
| Black Pepper | 3 g | 0 Cal |
| Fresh Coriander | 20 g | 0 Cal |
| Onion Chopped | 20 g | 10 Cal |
| ***Total*** | 1141 g before cook | 1485 Cal |
| 970 g after cook |
| ***1.53 Cal/g*** | |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Vermicelli Rice:*** | | |
| Rice | 1 kg | 3,640 Cal. |
| Vermicelli | 200 g | 730 Cal. |
| Canola Oil | 90 g | 810 Cal. |
| Salt | 25 g | 0 Cal. |
| Water | 2.250 liters | 0 Cal. |
| ***TOTAL*** | ***3,567 g after cooking 2,497 g*** | ***5,180 Cal./ 2.1 Cal./g.*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Tomato Sauce:*** | | |
| Olive Oil | 10 g | 90 Cal. |
| Chopped Onion | 100 g | 40 Cal. |
| Chopped Garlic | 10 g | 15 Cal. |
| Fresh Tomato (Raw) | 1 kg | 180 Cal. |
| Tomato Paste | 60 g | 50 Cal. |
| Salt | 10 g | 0 Cal. |
| *Note: 1 kg of fresh tomato gives 850 g after peeling.* | | |
| ***TOTAL*** | ***1,185 g after cooking 830 g*** | ***375 Cal./ 0.45 Cal./g*** |

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| **Portions** | **1P** | **2P** | **3P** |
| Vermicelli Rice | 40g = 80 Cal | 80g = 160 Cal | 120g = 240 Cal |
| Chicken Kabab (Burger Shape) | 2 pcs = 80g = 160 Cal | 3 pcs = 120g = 240 Cal | 4 pcs = 165g = 330 Cal |
| Red Tomato Sauce | 70g = 35 Cal | 100g = 50 Cal | 120g = 60 Cal |
| Grilled Eggplant (Round Shape) | 2 pcs = 30g = 15 Cal | 3 pcs = 45g = 22 Cal | 4 pcs = 60g = 30 Cal |
| Grilled Mushroom | 30g = 15 Cal | 30g = 15 Cal | 30g = 15 Cal |
| Grilled Red Bell Pepper | 25g = 9 Cal | 25g = 9 Cal | 25g = 9 Cal |
| ***TOTAL*** | 314 Cal | 496 Cal | 684 Cal |

**1 Piece Kabab = 40g after cooking (before cooking 45g)**

**Grilled Eggplant (Round Shape): 1 pc is equal to 10 to 15 g.**