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CALORIE COUNTER

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RECIPE LIST

(Indicating Serving size, Cooked weight and Calorie Count per serving)

SOUPS

Recipe	Serving Size	Cooked Weight/ Serving	Kcal/ Serving	Page No.
Clear vegetable soup	1 soup bowl	254	56	2
Mix vegetable soup	1 soup bowl	250	160	16
Tomato soup	1 soup bowl	185	69	6
Cream of mushroom soup	1 soup bowl	200	241	3
Cream of spinach soup	1 soup bowl	190	242	15
Gazpacho soup	1 soup bowl	225	43	7
Green pea soup	1 soup bowl	314	121	4
Lentil soup	1 soup bowl	200	161	5
Minestrone soup	1 soup bowl	221	153	10
Spinach and babycorn soup	1 soup bowl	252	133	9
Chicken manchow soup	1 soup bowl	300	137	14
Chicken soup	1 soup bowl	230	25	11
Chinese corn soup with egg	1 soup bowl	260	252	1
Chinese corn soup without egg	1 soup bowl	na	165	1
Hot and sour soup	1 soup bowl	200	151	8
Mutton soup	1 soup bowl	260	70	12
Sweet corn chicken soup	1 soup bowl	230	148	13

RAITHA AND CHUTNEYS

Recipe	Household Measure	Cooked Weight/ Serving	Kcal/ Serving	Page No.
Boondi raitha	1 katori	129	126	17
Mint and groundnut raitha	1 katori	125	101	18

LENTIL SOUP

Ingredients	Amounts
Lentil dhal	30gms
Onions	25gms
Tomatoes	25gms
Ginger	a small piece
Oil	2.5gms ($\frac{1}{2}$ tsp)
Water	as required
For garnishing:	
Pepper	to taste
Salt	to taste
Coriander leaves (chopped)	few
Butter	$\frac{1}{2}$ tsp

Method:

1. Clean and wash the dhal.
2. Cut onions and tomatoes into big pieces.
3. Boil tomatoes, onions and dhal till done.
4. Blend the mixture in a blender to get a smooth consistency using the same water in which it was cooked.
5. Garnish it with salt, pepper, finely chopped coriander leaves and butter.
6. Serve hot.

Yield in household measure

: 1 soup bowl

Weight of cooked product in grams

: 200

Number of servings

: 1

Size of serving

: 1 soup bowl

ARTIYA BOONDI RAITHA

Ingredients	Amounts
Besan (gram)	15gms
Curds (sour)	150gms
Coriander leaves (boondi) for garnishing	
Coriander seeds powder	1 tsp
Pepper powder	1 tsp
Chillies (green)	1 no.
Oil (for frying)	for frying
Salt	to taste

Method:

- 1) Mix besan with water to make a thick paste.
- 2) Heat oil and prepare the boondis by passing paste through frying spoon.
- 3) Cool the boondi and soak in water till soft. Remove water from the boondis by pressing.
- 4) Chop chillies (green) and coriander leaves finely.
- 5) Beat the curds with coriander seeds powder, pepper powder, chilli and salt.
- 6) Add the boondis.
- 7) Serve garnished with coriander leaves.

Yield in household measure : **1½ katories**

Weight of cooked product in grams : **194**

Number of servings : **1½**

Size of serving (ed with coriander leaves) : **1 katori**

GROUNDNUT CHUTNEY

Ingredients	Amount
Groundnuts	30gms
Cumin seeds	½ tsp
Red chilli powder	½ tsp
Sugar	½ tsp
Salt	to taste

Method:

- 1) Roast groundnuts and remove the skin.
- 2) Grind with all other ingredients.

Yield in household measure : **2 Tbps**

Weight of cooked product in grams : **32**

Number of servings : **2**

Size of serving : **1 Tbsp**

SWEET AND SOUR TAMARIND CHUTNEY

Ingredients	Amount
Tamarind	30gms
Jaggery	60gms
Cumin seeds powder	½ tsp
Red chilli powder	¼ tsp
Salt	½ tsp
Water	200ml

Method:

- 1) Extract tamarind pulp with hot water.
- 2) Add all other ingredients and bring to a boil.
- 3) Boil for 2 minutes. Strain and serve.

Yield in household measure : **12 Tbps**

Weight of cooked product in grams : **132**

Number of servings : **12**

Size of serving : **1 Tbsp**

PLAIN RICE

Ingredients	Amounts
Kolam rice	60gms
Water	2 volumes

Method:

1. Clean, wash the rice and place it in a vessel.
2. Pour 2 volumes of water.
3. Place vessel in pressure cooker and cook for 1 whistle, reduce the flame and allow it to cook for 5 minutes.
4. Remove from heat; allow the rice to cool naturally. Open the cooker, take out the rice and serve hot.

Yield in household measure : 2 katories

Weight of cooked product in grams : 175

Number of servings : 2

Size of serving : 1 katori

ALOO MUTTER

Ingredients	Amounts
Peas	100gms
Potatoes	60gms
Tomatoes	100gms
Onions	50gms
Coriander seeds powder	1tsp
Garam masala powder	1tsp
Red chilli powder	1tsp
Chillies (green)	1 no
Garlic	2 flakes
Oil	5gms/ (1tsp) for garnishing
Coriander leaves	

Method:

1. Chop onions finely. Blanch the tomatoes and chop them. Grind garlic and chillies (green) to a fine paste. Boil, peel and dice potatoes and keep aside. Boil peas and keep aside.
2. Heat oil in a vessel, add onions and fry till brown.
3. Add the garlic and chilli paste. When brown in color, add the chopped blanched tomatoes.
4. Add the coriander seeds powder, garam masala powder and red chilli powder and fry for sometime.
5. Add the peas and potatoes and cook till done.
6. Sprinkle coriander leaves and serve hot.

Yield in household measure	:	2 katories
Weight of cooked product in grams	:	280
Number of servings	:	2
Size of serving	:	1 katori

CHICKEN TIKKA

Ingredients	Amounts
Chicken (boneless)	250gms
Curds (sour)	25gms
Ginger garlic paste	1½ tsp
Butter	1½ tsp
Lemon juice	1 tsp
Red chilli powder	½ tsp
Cumin seeds powder	½ tsp
Garam masala powder	½ tsp
Salt	to taste
Oil	10gms / (2 tsps)

Method:

- 1) Cut the boneless chicken into small pieces and make slits in them.
- 2) Mix red chilli powder, half of lemon juice and salt. Add to the chicken pieces and keep it to marinate for an hour.
- 3) Add curds, ginger garlic paste, red chilli powder, garam masala, cumin seed powder and oil and mix it up.
- 4) Apply the mixture on the marinade for few minutes.
- 5) Roast the chicken mixture in butter until done.
- 6) Garnish with some lemon juice and coriander and serve with garlic chutney.

Yield in household measure : **28 pieces**

Weight of cooked product in grams : **155**

Number of servings : **7**

Size of serving : **4 pieces**

FISH FINGERS

Ingredients	Amounts
Pomfret	120 gms
Wheat flour (refined)	10gms
Red chilli powder	1/4 tsp
Egg beaten	1/2 no.
Bread crumbs	20gms
Oil	for frying
Salt	1/4 tsp
For garnish	
Lemon	1 slice

Method:

- 1) Wash and dry the fish pieces well.
- 2) Mix wheat flour (refined), salt and red chilli powder. Apply a thin coat on the fish pieces. Dip the fish in lightly beaten egg.
- 3) Coat uniformly with breadcrumbs.
- 4) Deep fry in hot oil. Drain excess oil.
- 5) Serve garnished with a lemon slice.

Yield in household measure	:	2 pieces
Weight of cooked product in grams	:	100
Number of servings	:	2
Size of serving	:	1 piece

CHUTNEY SANDWICH

Ingredients	Amounts
Bread	4 slices (regular)
Coriander leaves	15gms
Coconut (fresh)	25gms
Onions	20gms
Ginger	½" piece
Tamarind	a small piece
Chillies (green)	2 nos
Salt	to taste

Method:

- 1) Grate the coconut and grind it with coriander leaves, chillies (green), ginger, onions and tamarind till fine. Add salt to taste.
- 2) Prepare sandwiches by applying the chutney to the bread slices. Cut the sandwich into half and serve.

Yield in household measure : 2 sandwiches

Weight of cooked product in grams : 120

Number of servings : 2

Size of serving : 1 sandwich

Yield in household measure

Weight of cooked product in grams

Number of servings

