



Carbs & Cals



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RAMADAN SNACKS

During Ramadan, snacks are an important part of the Iftar meal. Popular snacks include samosas, pakoras, rolls and falafels, which are fried and high calorie. These can be prepared in the oven to make them healthier. Drink plenty of water, and avoid sugary and processed snacks.

Chicken Tikka

0g Carbs
160g
225 Cals
38g Prot
8g Fat
3g SatFat
0g Fibre

Dhai Bade

28g Carbs
160g
345 Cals
13g Prot
18g Fat
6g SatFat
4g Fibre

Falafel

17g Carbs
105g
190 Cals
7g Prot
12g Fat
1g SatFat
5g Fibre

Kibbeh

23g Carbs
150g
365 Cals
17g Prot
23g Fat
4g SatFat
3g Fibre

Kubbat Potato

21g Carbs
120g
295 Cals
12g Prot
18g Fat
5g SatFat
3g Fibre

Pakora

22g Carbs
105g
270 Cals
9g Prot
15g Fat
5g SatFat
3g Fibre

Vegetable Samosas

26g Carbs
80g
285 Cals
4g Prot
18g Fat
4g SatFat
2g Fibre

Vegetable Spring Rolls

37g Carbs
140g, large
330 Cals
5g Prot
17g Fat
2g SatFat
4g Fibre

Vine Leaves

19g Carbs
120g
195 Cals
3g Prot
12g Fat
2g SatFat
3g Fibre