



Comparision of Targeted Nutritional Values(per 100gm Sample)

	<i>Peanut Maxx Masala Chaat*</i>	<i>Peanut Maxx Fruit Chaat*</i>	Chapati #	Idli #	Boiled Mung Beans #	Boiled Egg#	Cooked Chiken Whole#
Protiens	30.4	25.5	8	4.1	7	12.5	29.5
Iron	3.8	4.5	2.2	2.5	1.4	1.2	1.07
Dietary Fibres	7.8	8.5	9.75	1.4	7.6	0	0
Potassium	503.1	538.4	196	105.8	266	126	243