

Self stable Meals

1. Aloo Poha

Ingredients for poha

- Poha, or beaten rice flakes
- Onion
- Green chilies
- Curry leaves
- Potato
- Peanuts or cashews
- Oil

Nutrition

- Poha is a good source of protein, dietary fiber, iron, magnesium, phosphorus, and more
- It's also a great source of vitamin C, vitamin D, manganese, and vitamin E

How to make MTR 3 Minute Poha

1. Add one cup of poha and half a cup of boiling water
2. Mix well
3. Cover with a lid
4. Let it rest for three minutes

a serving (80g) of Aloo Poha contains approximately 327 calories, 8.7g of fat, 56g of carbohydrates, and 6g of protein; it is also generally considered cholesterol-free.

Key nutritional details of MTR Aloo Poha:

- **Calories:** 327 kcal
- **Fat:** 8.7g
- **Carbohydrates:** 56g
- **Protein:** 6g

2. Upma

The main ingredients in 3 Minute Upma are: semolina (primary), edible vegetable fat (like palm oil), salt, dehydrated onion, green chili, ginger, mustard seeds, sugar, coriander, turmeric, mixed spices, and sometimes additional ingredients like curry leaves or Bengal gram dal; depending on the specific variety, it may also contain acidity regulators and anticaking agents. Key points about MTR Upma ingredients:

- **Base:** Semolina (the primary ingredient)
- **Fat:** Edible vegetable fat (often a blend of palm oil and palm kernel oil)
- **Spices:** Mustard seeds, coriander, turmeric, ginger, green chili, curry leaves
- **Flavoring:** Dehydrated onion, garlic (in some varieties)
- **Other:** Salt, sugar, acidity regulators, anticaking agents

a 100g serving of Upma contains approximately 370 calories, 10g of total fat, 60g of total carbohydrates, 9g of protein, and around 1,330mg of sodium; with the majority of the calories coming from carbohydrates.

Key nutritional details of MTR Upma:

- **Calories:** 370 kcal
- **Total Fat:** 10g
- **Saturated Fat:** 4g
- **Total Carbohydrates:** 60g
- **Dietary Fiber:** 9g
- **Total Sugars:** 1g
- **Protein:** 9g

3. Oat masala

The main ingredients in "3 Minute Oat Masala" typically include: oats, green gram (moong dal), semolina (rava), edible vegetable fat (like palm oil), spices (including coriander, cumin, turmeric, chili powder), salt, and sometimes added flavorings; the exact mix of spices may vary depending on the brand and recipe.

Key points to remember:

- **Base ingredients:** Oats are the primary component, along with green gram and semolina which add texture and protein.
- **Spices:** A blend of common Indian spices like coriander, cumin, turmeric, and chili powder provide the "masala" flavor.
- **Fat source:** Typically contains edible vegetable oil

For Oats Homestyle Masala (3 Minute Breakfast), a serving (80g) contains approximately: **11.2g protein, 7.4g total fat, 53.4g total carbohydrates, 7.8g dietary fiber, and around 1g sodium**; with added sugars being minimal at 0.4g per serving.

Key points about the nutritional profile:

- **High in fiber:**

The main source of fiber in this product comes from the oats, which can help with digestion and promote satiety.

- **Moderate protein content:**

While not a high protein source, it provides a decent amount of protein per serving compared to other breakfast cereals.

- **Low in saturated fat:**

The fat content is relatively low and mostly comes from healthy unsaturated fats.

- **Low added sugar:**

The masala seasoning in this product contains minimal added sugar.

4. Dal – Chawal

Dal Chawal is an Indian instant dish that can be prepared in about eight minutes. It's free of artificial colors and preservatives

Dal Chawal instant rice contains basmati rice, lentils, tomatoes, spices, and other ingredients.

Ingredients

- **Basmati rice:** The main ingredient in Haldiram's Dal Chawal
- **Lentils:** Split red gram, split chickpeas, and split black gram are all used
- **Tomatoes:** A key ingredient in the curry sauce
- **Vegetable oil:** Refined sunflower oil is used
- **Spices:** Cardamom, cinnamon, nutmeg, mace, cumin seeds, coriander, cloves, and curry leaves
- **Other seasonings:** Green chili, fresh ginger, turmeric powder, coriander powder, red chili, cumin, dried fenugreek leaves, asafoetida, and salt

Dal Chawal instant rice is a combination of basmati rice and lentils in a curry. It contains carbohydrates, protein, fiber, and fat.

Nutrition

- **Carbohydrates:** 36.9 grams per 100 grams
- **Protein:** 18.8 grams per 100 grams
- **Fiber:** 7.1 grams per 100 grams
- **Fat:** 9.4 grams per 100 grams
- **Saturated fatty acids:** 4.53 grams per 100 grams
- **Monounsaturated fatty acids:** 3.02 grams per 100 grams
- **Polyunsaturated fatty acids:** 0.60 grams per 100 grams

Ingredients

Basmati rice, Red gram, Tomatoes, Vegetable oil, Green gram, Edible salt, Green chili, Ginger, Turmeric powder, and Coriander powder.

Dal Chawal is a vegetarian meal that's made using freeze-dried technology. To prepare, add hot water.

5. Rajma Chawal

Rajma Chawal is a ready-to-eat Indian dish of red kidney beans in tomato gravy with steamed basmati rice. The ingredients include:

- **Red kidney beans:** Tender red kidney beans cooked in a rich tomato gravy
- **Basmati rice:** Steamed long-grain basmati rice
- **Spices:** Cardamom, cinnamon, nutmeg, mace, cumin, coriander, cloves, curry leaves, turmeric powder, asafoetida
- **Other ingredients:** Tomatoes, onions, garlic, ginger, salt, refined vegetable oil, butter, yogurt, bay leaves

Nutrition

- **Energy:** 121 kilocalories (kcal) per 100 grams
- **Carbohydrates:** 17.37 grams per 100 grams
- **Sugar:** 0 grams per 100 grams
- **Total fat:** 4.26 grams per 100 grams
- **Saturated fatty acids:** 1.68 grams per 100 grams
- **Monounsaturated fatty acids:** 1.41 grams per 100 grams
- **Polyunsaturated fatty acids:** 0.42 grams per 100 grams
- **Trans fatty acids:** 0 grams per 100 grams

Rajma chawal is a combination of grains and legumes that's high in protein, iron, and carbohydrates. The red kidney beans in rajma are also high in fiber, potassium, zinc, and magnesium.

6. Chana Masala

Heat and Eat Chana Masala contains the following ingredients: Chickpeas, Onion, Tomato, Sunflower oil, Garlic, Ginger, Salt, Chilies, Cumin, and Coriander seed.

Other ingredients include:

Dry mango powder, Turmeric, Carom seeds, Fenugreek leaves, Red chili powder, Clove, Star anise, Green cardamom, Nutmeg, and Black cardamom.

Chana masala is a protein-rich dish that's a staple of Indian cuisine. It's often made with chickpeas, which makes it a good option for vegetarians and vegans.

A 300g pack of Chana Masala contains the following nutrients:

- **Calories:** 760
- **Total fat:** 26g
- **Saturated fat:** 2g
- **Total carbs:** 104g
- **Net carbs:** 68g
- **Dietary fiber:** 36g
- **Total sugars:** 10g
- **Protein:** 28g
- **Cholesterol:** 0mg
- **Sodium:** 1,180mg
- **Calcium:** 400mg
- **Iron:** 6mg

Heat & Eat Chana Masala is a vegetarian dish made with chickpeas, onions, tomatoes, peppers, herbs, garlic, ginger, and spices. It can be eaten with rice, roti, nan, or bread.

Chana masala is a protein-rich dish that's a staple of Punjabi cuisine.

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