



# EID CARB CHART



DISH	SERVING SIZE	CARB COUNT
MAAMOUL	1 OZ	11 G
CAMBAABUR	1 PIECE	35.7 G
SHEER KHURMA	1 BOWL	61 G
TAJINE	1 PIECE	13 G
DORO WAT	1 CUP	9.8 G
LOKUM	1 PIECE	19 G
TUFAHIJA	1 PIECE	44 G
MANTI	125 G	60 G
BOLANI	1 PIECE	42 G
LAPIS LEGIT	1 PIECE	17 G
BEEF RENDANG	1 CUP	9.9 G
KIMAMI SEWAIYAN	1 BOWL	35.8 G
MUTTON KORMA	1 CUP	7.4 G
BIRYANI	1 CUP	31 G
NIHARI	1 BOWL	14 G
HALEEM	1 BOWL	7.8 G
SHEERMAL	1 PIECE	42 G
PHIRNI	1 CUP	48 G
SEEKH KEBAB	100 G	3.5 G
SHAHI TUKDA	1 PIECE	17 G