Centrum för obesitas
REGION STOCKHOLM

Ramadan: kaloritabell

Soppa	**Kcal**	**Huvudrätter**	**Kcal**
Grönsakssoppa, 2,4dl	50	Mandi,300gr	960
Kyckling & vermicelli soppa, 2,4 dl	120	Kibbeh bel Sayneyeh, 200 gr	480
Linssoppa, 2,4 dl	230		
Lins- &spenatsoppa, 2,4 dl	180	**Torkade frukter & nötter**	**Kcal**
		Dadel, 1 st	25
Förrätter ”Meze”		Madjool dadel, 1 st	65
Fattouch, 2,4dl (200gr)	105	Aprikos, 1 st	20
Tabboule, 2,4dl	105	Fikon,1st	40
Auberginerröra (Baba Ghanouj), 60gr	55	Russin, 10st	25
Hummusröra, 100gr	150	Mandel, 5st	30
Falafel, 40gr (2 st)	135	Valnötter, 5st	80
Ostrulle, 1 st	120		
Spenatpirog, 55 gr, 1 st	80	**Efterrätter**	
Köttpirog, 40gr (1 st)	135	Halawet el jeben, 1 st	60
Ostpirog, 40gr (1st)	135	Znoud el set, 1 st	300
Vinblad, 100g (6st)	105	Shaabeyat, 1 st	250
Lahm baajin, 40gr	100	Katayef Asayfeer, 1 st	150
Kibbeh, 1 st	140	Katayef valnötter, friterat, 1 st	360
Ijjeh, 70gr	210	Katayef valnötter, ugnsbakat, 1 st	250
Fattet hummus, 1 dl	160	Katayef ost, friterat, 1 st	370
Foul mdammas (bondbönor), 1dl	120	Katayef ost, ugnsbakat,	260
	210	Kellaj, 1 st	400
Huvudrätter	55	Osmalleya, 100gr	370
Kött & ris (Riz blahme), 2,4dl(200gr)	320	Mafrouke, 100gr	350
Kycklig & ris (riz a djej), 2,4dl (200gr)	335	Eish al saraya, 100gr	240
Fisk& ris (sayadiyeh), ,4dl (200gr)	340	Kounafa, 100gr	285
Mansaf, 2,4dl	390	Mshabak, 1st	250
Kafta & Potatis, 2,4dl (200gr)	190	Barazek, 30gr	165
Kossa mehchi (fylld zucchini), 100gr	350	Awama,	60
Fylld blomkål, 200gr	375	Mouhallabeya, 2,4 dl	250
Moghrabiyeh, 2,4dl (200gr)	250	Ommou Ali, 2,4 dl	310
Makloubeh, 2,4dl	400	Ghraibeh, 20gr	110
Kabseh, 2,4dl	320	Barazek, 30gr	165
Freekeh, 2,4dl	380		
Kyckling Shawarma, 54gr	105	**Drycker**	
Kött Shawarma, 50gr	90	Jallab, 2,4dl	200
Laban Immo,2,4dl	340	Amaraldeen, 2,4dl	260
Grillat Kofteh, 100gr	180	Tamer hindi, 2,4dl	180
Grillat shishtaouk, 100gr	160	Ayran yoghurt, 2,4dl	100
Biryani, 300gr	450		

Mars 2025