

Mithai

Diwali and Diabetes

Approximate Carb Counts for Mithai

Mithai	Number/Weight	Approximate Carb Count
Badam Burfi	30 grams	15 grams
Barfi	1 piece	10 grams
Besan barfi	100 grams	30 grams
Coconut barfi	10 grams	6gms
Dhodha burfi	34 grams	17 grams
Gulab Jamun	2 pieces	40 grams
Jalebi	1/2 cup	30 grams
Kaju Barfi	1 piece	10 grams
Kesar peda	1 piece	10 grams
Khajur dry fruits barfi	1 piece	6 grams
Khoya Burfi	100 grams	35 grams
Milk cake	1 piece	12 grams
Motichoor ladoo	28 grams	17gms
Rasgulla	1 piece	12 grams
Rasmalai	1 piece	15 grams
Shakkar para	350 grams	212 grams
Son papdi	50 grams	27 grams
Suji halwa	200 grams	45 grams