

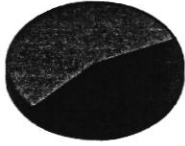


DR. IBRAHIM A. ALARIFI
NUTRITION CONSULTING OFFICE

مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

ساندويش ديو - شاورما

Recipe grams: 291.71g/10.3oz
Serves 1 291.71g/10.3oz per serving



Protein: 7%
Carbohydrates: 56%
Fat: 37%

INGREDIENTS

0.04 servings الصاج خبز - شاورما
0.00 servings التوم خلطة - شاورما
0.28 servings بطاطس مقلية - شاورما
0.01 servings الشاورما خلطة - شاورما
20 gram PICKLE, CUCUMBER, SOUR
10 gram Corn Oil, Pure
2 gram SALT, TABLE

Added Sugar 0 g

General Manager:
Dr. Ibrahim Abdullah ALARIFI



Nutrition Facts	
1 serving per container	
Serving size	1 serving (292g)
Amount per serving	
Calories	1190
% Daily Value*	
Total Fat 49g	63%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 22980mg	999%
Total Carbohydrate 168g	61%
Dietary Fiber 3g	12%
Total Sugars 25g	
Protein 20g	
Vit. D 0.03mcg 0%	• Calcium 14mg 2%
Iron 0.33mg 2%	• Potas. 15mg 0%



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الصاج خبز - شاورما

Recipe grams: 2785.00g/98.2oz
Serves 1 2785.00g/98.2oz per serving



Protein: 11%
Carbohydrates: 76%
Fat: 13%

INGREDIENTS

5000 gram Flour white
5 gram YEAST, BAKER'S, ACTIVE, dry
15 gram SUGAR, GRANULATED
15 gram SALT, TABLE
2500 gram WATER, BOTTLED
200 gram Corn Oil, Iberia

Added Sugar 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi



Nutrition Facts

1 serving per container
Serving size 1 serving (2785g)

Amount per serving

Calories 19290

% Daily Value*

Total Fat	275g	353%
Saturated Fat	44g	218%
Trans Fat	4.5g	
Cholesterol	0mg	0%
Sodium	5870mg	255%
Total Carbohydrate	3752g	1364%
Dietary Fiber	71g	255%
Total Sugars	15g	
Protein	517g	

Vit. D 0mcg 0% • Calcium 255mg 20%
Iron 0.16mg 0% • Potas. 50mg 2%



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مكتب الدكتور ابراهيم العريفي
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الثوم خلطة - شاورما

Recipe grams: 11110.00g/391.9oz
Serves 1 11110.00g/391.9oz per serving



Protein: 0%
Carbohydrates: 0%
Fat: 99%

INGREDIENTS

600 gram EGG, CHICKEN, RAW, whole, fresh (4.86 eggs)
6000 gram Corn Oil, Iberia
3750 gram Mayonnaise, Just Mayo
30 gram SALT, TABLE
30 gram Beer Salt, Lemon Lime, Twang
200 gram GARLIC, RAW
500 gram WATER, BOTTLED

Added Sugar 0 g

General Manager:
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size 1 serving (11110g)	
Amount per serving	
Calories	76690
% Daily Value*	
Total Fat 8737g	11201%
Saturated Fat 1144g	5720%
Trans Fat 0g	
Cholesterol 2232mg	744%
Sodium 42340mg	1841%
Total Carbohydrate 70g	26%
Dietary Fiber 4g	15%
Total Sugars 4g	
Protein 88g	
Vit. D 12mcg 60% • Calcium 720mg 60%	
Iron 14mg 80% • Potas. 1630mg 35%	

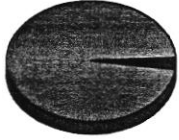


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مكتب الدكتور ابراهيم العريفي
للإستشارات الغذائية

الشاورما خلطة - شاورما

Recipe grams: 11380.00g/401.4oz
Serves 1 11380.00g/401.4oz per serving



Protein: 1%
Carbohydrates: 97%
Fat: 2%

INGREDIENTS

10000 gram Chicken, Giant Eagle
100 gram LEMON, RAW, NO PEEL
50 gram ORANGE, RAW
100 gram GARLIC, RAW
50 gram SALT, TABLE
50 gram Spices, Simply Organic
400 gram Vinegar, White, Hannaford
30 gram PEPPER, SWEET, RED, RAW, chopped
100 gram Chili, Hot
500 gram Fresh Milk, Almarai

Added Sugar 0 g

Nutrition Facts

1 serving per container
Serving size 1 serving (11380g)

Amount per serving
Calories 14180

		% Daily Value*
Total Fat	23g	30%
Saturated Fat	14g	68%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	2437160mg	105964%
Total Carbohydrate	2791g	1015%
Dietary Fiber	7g	27%
Total Sugars	2744g	
Protein	35g	

Vit. D 0mcg 0% • Calcium 258mg 20%
Iron 4mg 20% • Potas. 700mg 15%

General Manager:
Dr. Ibrahim Abdullah ALArifi

