



Product Catalogue

A healthier option for your taste buds!

About Us

Ruchir Foods brings a diverse platter of culinary creations that makes cooking easier and tastier. Placing our customers – and their food choices – at the heart of our business, we offer an extensive range of products that includes Instant Mixes, Ready-to-eat, Premixes and Ready-to-cook items. We are a quality-focused business that aims to make consumers happy through tasty and healthy food. Pure, fresh ingredients are processed in a hygienically maintained, state-of-the-art plant that is integrated with stringent quality checks at each stage of the process. The products are then packed in specially-designed, foodgrade pouches/boxes for long-lasting freshness.

Mission

Our mission is to cater to enthusiastic food lovers of all age groups and make home cooking easy, healthy and palatable.



Core Values



Quality

We adopt the highest quality standards, both in terms of ingredient procurement and factory processing. and bring a sense of fulfilment to the global palate.

Professionalism

We foster a high-performance work culture that focuses on efficiency, productivity and prompt customer care & support.

Food safety

The health and wellness of our consumers is our biggest concern; we use only pure, high-grade and fresh ingredients procured from reliable sources.

People

Our employees are one of our biggest assets; we treat them with courtesy and appreciate their dedication and hard work.

Innovation

Driven by the idea to bring excitement to our consumers' palate, we apply innovation for creating novel, interesting products.

NO
ADDED
PRESERVATIVES
& ARTIFICIAL
FLAVORS /
COLOURS



Instant Mix



200gm

Ruchur
FOODS

Ruchur
FOODS

MOONG DOSA

INSTANT MIX

A convenient option to start your Day!

Ruchur brings you the authentic taste of crispy, homemade Moong Dosas. Healthier than rice dosa, it is indeed a truly appetizable breakfast option.

TRY OUR OTHER PRODUCTS

Dahi Bhatia • Dahi Wada • Dosa • Bori Idli • Shimsha Dosa • Chutney • Masala Idli
Masala Wada • Moong Idli • Moong Zinger • Moong Chutney • Moong Chutney
Masala Bhatia • Chutney • Masala Idli • Masala Wada • Masala Bhatia

75% MORE PROTEIN THAN REGULAR DOSA

LOW FAT

Net Wt. 200g

Energy	326.89 Kcal
Protein	20.14 g
Total Carbohydrate	55.80g
Of which Sugar	0.00 g
Total Fat	2.57 g
Saturated Fatty Acid	1.35 g
Poly Unsaturated Fatty Acid	0.67 g
Mono Unsaturated Fatty Acid	0.54 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)

Khichu Mix

200gm

Energy	389.73 Kcal
Protein	8.52 g
Total Carbohydrate	78.36 g
Of which Sugar	0.00 g
Total Fat	4.69 g
Saturated Fatty Acid	2.47 g
Poly Unsaturated Fatty Acid	1.24 g
Mono Unsaturated Fatty Acid	0.98 g
Trans Fatty Acid	00 g
Cholesterol	00 g

Uncooked (approx per 100 g)

Nutrients

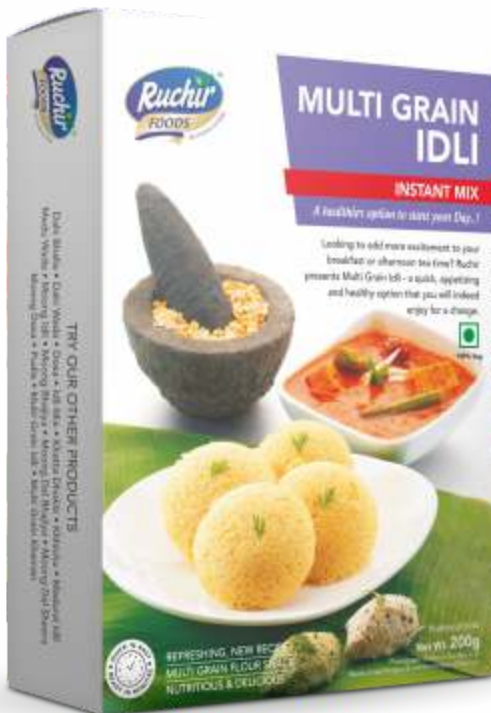




Multi Grain Idli

200gm

Nutrients



Energy	325.25 Kcal
Protein	17.41 g
Total Carbohydrate	59.74 g
Of which Sugar	0.00 g
Total Fat	1.85 g
Saturated Fatty Acid	0.97 g
Poly Unsaturated Fatty Acid	0.49 g
Mono Unsaturated Fatty Acid	0.39 g
Trans Fatty Acid	0 g
Cholesterol	0 g

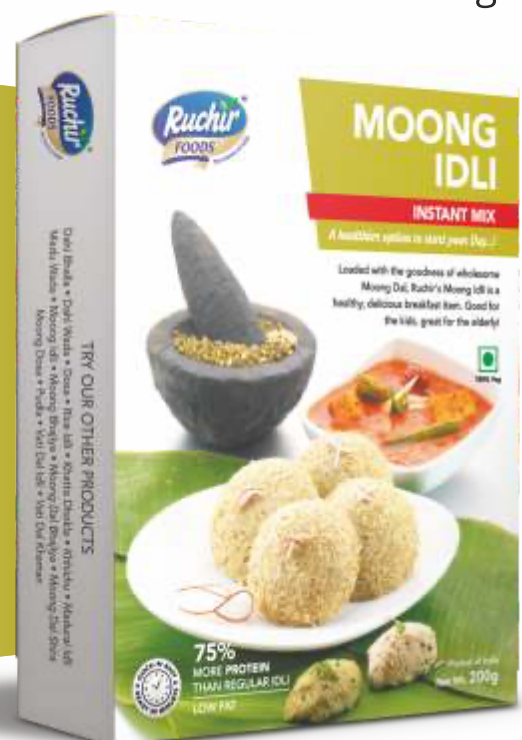
Uncooked (approx per 100 g)

Moong Idli

200gm

Energy	323.29 Kcal
Protein	22.14 g
Total Carbohydrate	54.16 g
Of which Sugar	0 g
Total Fat	2.01 g
Saturated Fatty Acid	1.06 g
Poly Unsaturated Fatty Acid	0.53 g
Mono Unsaturated Fatty Acid	0.42 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



200gm

[illegible]

Energy	323.53 Kcal
Protein	13.56 g
Total Carbohydrate	56.41 g
Of which Sugar	0 g
Total Fat	4.85 g
Saturated Fatty Acid	2.55 g
Poly Unsaturated Fatty Acid	1.28 g
Mono Unsaturated Fatty Acid	1.02 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)





Moong Dal Bhajiya

200gm



Nutrients

Energy	315.94 Kcal
Protein	15.86 g
Total Carbohydrate	59.30 g
Of which Sugar	0.00 g
Total Fat	1.70 g
Saturated Fatty Acid	0.89 g
Poly Unsaturated Fatty Acid	0.44 g
Mono Unsaturated Fatty Aci	0.37 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)

Khatta Dhokla

200gm

Energy	351.09 Kcal
Protein	18.40 g
Total Carbohydrate	65.84 g
Of which Sugar	0 g
Total Fat	1.57g
Saturated Fatty Acid	0.83 g
Poly Unsaturated Fatty Acid	0.41 g
Mono Unsaturated Fatty Aci	0.33 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



Pudla

200gm



Nutrients

Energy	307.37 Kcal
Protein	13.56 g
Total Carbohydrate	54.62 g
Of which Sugar	0.00 g
Total Fat	3.85 g
Saturated Fatty Acid	2.03 g
Poly Unsaturated Fatty Acid	1.01 g
Mono Unsaturated Fatty Acid	0.81 g
Trans Fatty Acid	0.00 g
Cholesterol	0.00 g

Uncooked (approx per 100 g)

Vati Dal Khaman

200gm

Energy	329.58 Kcal
Protein	23.58 g
Total Carbohydrate	56.34 g
Of which Sugar	0.00 g
Total Fat	1.10 g
Saturated Fatty Acid	0.57 g
Poly Unsaturated Fatty Acid	0.29 g
Mono Unsaturated Fatty Acid	0.24 g
Trans Fatty Acid	0.00 g
Cholesterol	0.00 g

Uncooked (approx per 100 g)



Nutrients



Moong Bhajiya

200gm



Nutrients

Energy	315.11 Kcal
Protein	18.99 g
Total Carbohydrate	51.44 g
Of which Sugar	0.00 g
Total Fat	3.71 g
Saturated Fatty Acid	1.96 g
Poly Unsaturated Fatty Acid	0.97 g
Mono Unsaturated Fatty Acid	0.78 g
Trans Fatty Acid	0.00 g
Cholesterol	0.00 g

Uncooked (approx per 100 g)



Ready to Cook



Malvani Curry

300gm



Nutrients

Energy	177.84 Kcal
Protein	2.50 g
Total Carbohydrate	4.70 g
Total Fat	16.56 g
Saturated Fatty Acid	8.75 g
Unsaturated Fatty Acid	7.70 g
Trans Fatty Acid	0.00 g
Cholesterol	0 mg

Uncooked (approx per 100 g)

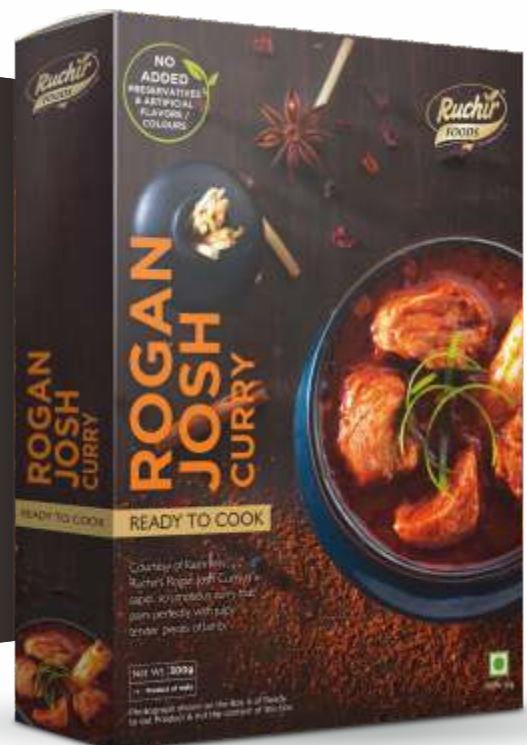
Rogan Josh Curry

300gm

Energy	90.30 Kcal
Protein	2.18 g
Total Carbohydrate	5.50 g
Total Fat	6.62 g
Saturated Fatty Acid	3.50 g
Unsaturated Fatty Acid	2.73 g
Trans Fatty Acid	0.00 g
Cholesterol	0 mg

Uncooked (approx per 100 g)

Nutrients





Makhani Gravy

300gm

Nutrients



Energy	161.66 Kcal
Protein	3.23 g
Total Carbohydrate	6.99 g
Total Fat	13.42 g
Saturated Fatty Acid	7.09 g
Unsaturated Fatty Acid	5.82 g
Trans Fatty Acid	0.00 g
Cholesterol	0 mg

Uncooked (approx per 100 g)

Goan Curry

300gm

Energy	86.42 Kcal
Protein	1.25 g
Total Carbohydrate	5.64 g
Total Fat	6.54 g
Saturated Fatty Acid	3.46 g
Unsaturated Fatty Acid	3.08 g
Trans Fatty Acid	0.00 g
Cholesterol	0 mg

Uncooked (approx per 100 g)

Nutrients





Punjabi Gravy

300gm

Nutrients



Energy	129.97 Kcal
Protein	2.84 g
Total Carbohydrate	8.39 g
Total Fat	9.45 g
Saturated Fatty Acid	5.00 g
Unsaturated Fatty Acid	3.99 g
Trans Fatty Acid	0.00 g
Cholesterol	0 g

Uncooked (approx per 100 g)



NO
ADDED
PRESERVATIVES
& ARTIFICIAL
FLAVORS /
COLOURS



Ready To Eat



Misal Tarri (Regular, Mild Spice & Jain)

300gm

Nutrients



Energy	179.27 Kcal
Protein	6.10 g
Total Carbohydrate	16.96 g
Of which Sugar	0.00 g
Total Fat	9.67 g
Saturated Fatty Acid	5.11 g
Poly Unsaturated Fatty Acid	2.52 g
Mono Unsaturated Fatty Acid	2.03 g
Trans Fatty Acid	0 g
Cholesterol	0 g

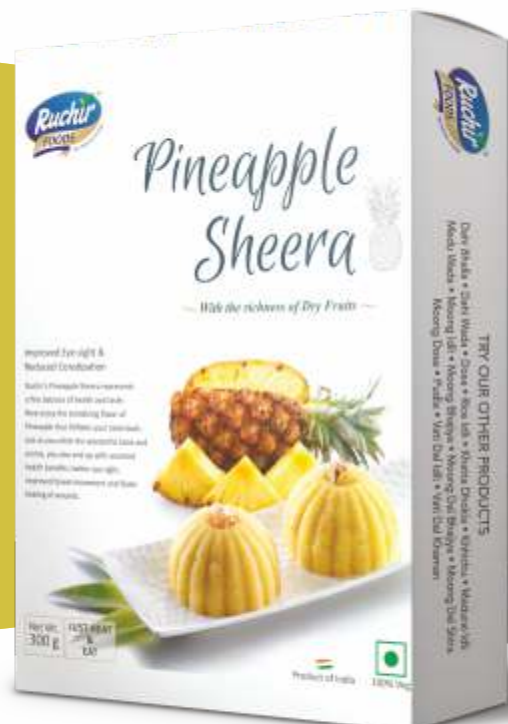
Uncooked (approx per 100 g)

Pineapple Sheera

300gm

Energy	200.74 Kcal
Protein	6.39 g
Total Carbohydrate	35.20 g
Sugar	15.10 g
Total Fat	3.82 g
Saturated Fatty Acid	2.02 g
Poly Unsaturated Fatty Acid	0.99 g
Mono Unsaturated Fatty Acid	0.80 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



Banana Sheera

300gm

Nutrients



Energy	265.21 Kcal
Protein	7.12 g
Total Carbohydrate	27.21g
Sugar	9.80 g
Total Fat	14.21g
Saturated Fatty Acid	7.51 g
Poly Unsaturated Fatty Acid	3.71 g
Mono Unsaturated Fatty Acid	2.99 g
Trans Fatty Acid	0 g
Cholesterol	0 g

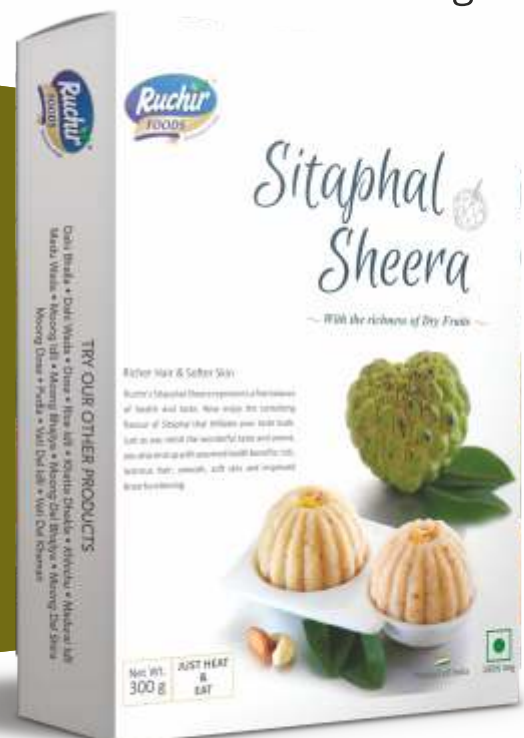
Uncooked (approx per 100 g)

Sitaphal Sheera

300gm

Energy	284.17Kcal
Protein	6.98 g
Total Carbohydrate	33.71 g
Sugar	14.35 g
Total Fat	13.49 g
Saturated Fatty Acid	7.13 g
Poly Unsaturated Fatty Acid	3.52 g
Mono Unsaturated Fatty Acid	2.83 g
Trans Fatty Acid	0.00 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



300gm



Energy	275.49 Kcal
Protein	7.28 g
Total Carbohydrate	29.89 g
Sugar	14.85 g
Total Fat	14.09 g
Saturated Fatty Acid	7.45 g
Poly Unsaturated Fatty Acid	3.68 g
Mono Unsaturated Fatty Acid	2.96 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)

300gm

Energy	222.42 Kcal
Protein	12.61 g
Total Carbohydrate	42.68 g
Total Fat	0.14 g
Saturated Fatty Acid	0.07 g
Poly Unsaturated Fatty Acid	0.04 g
Mono Unsaturated Fatty Acid	0.03 g
Trans Fatty Acid	0.00 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



Paneer Butter Masala

300gm

Nutrients



Energy	118.36Kcal
Protein	4.08 g
Total Carbohydrate	13.81 g
Total Fat	5.20 g
Saturated Fatty Acid	2.75 g
Poly Unsaturated Fatty Acid	2.36 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)

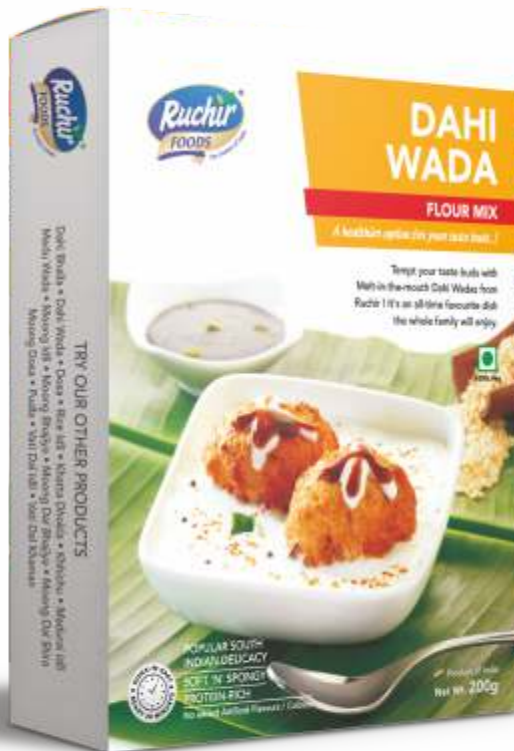


Premixes



Dahi Wada

200gm



Nutrients

Energy	338.47 Kcal
Protein	24.51 g
Total Carbohydrate	58.33 g
Of which Sugar	0.00 g
Total Fat	0.79 g
Saturated Fatty Acid	0.42 g
Poly Unsaturated Fatty Acid	0.20 g
Mono Unsaturated Fatty Acid	0.17 g
Trans Fatty Acid	0 g
Cholesterol	0 g

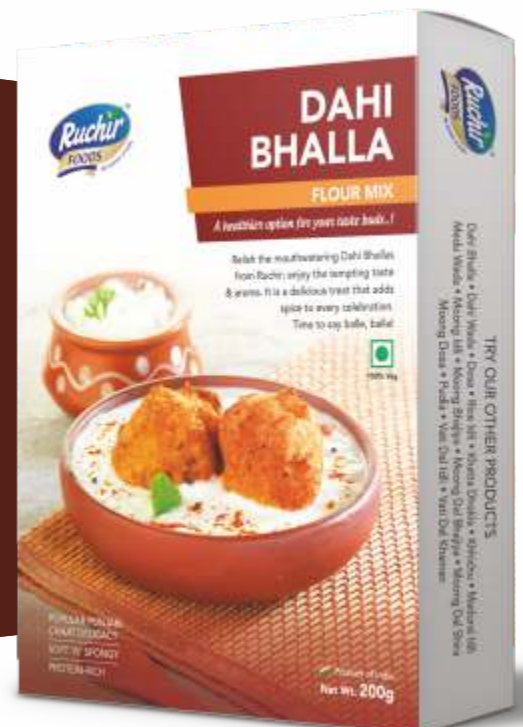
Uncooked (approx per 100 g)

Dahi Bhalla

200gm

Energy	387.51 Kcal
Protein	27.02 g
Total Carbohydrate	46.48 g
Of which Sugar	5.00 g
Total Fat	10.39 g
Saturated Fatty Acid	5.47 g
Poly Unsaturated Fatty Acid	2.74 g
Mono Unsaturated Fatty Acid	2.19 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)



Nutrients



Medu Wada

200gm

Nutrients



Energy	384.51 Kcal
Protein	27.42 g
Total Carbohydrate	49.29 g
Of which Sugar	0 g
Total Fat	8.63 g
Saturated Fatty Acid	4.54 g
Poly Unsaturated Fatty Acid	2.27 g
Mono Unsaturated Fatty Acid	1.82 g
Trans Fatty Acid	0 g
Cholesterol	0 g

Uncooked (approx per 100 g)





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