**Standard Operating Procedure (SOP)**
**Nettle based Products**

**NMHS Project**: Exploring Livelihood Potential of Wild Growing Stinging Nettle (Urtica dioica) in Uttarakhand

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It is well known fact that agricultural biodiversity is on a decline at an alarming rate and human diet has narrowed significantly with nutrition be ing provided by very small number of plant species. Due to its wide-ranging benefits coupled with the fact that there is hardly any systemic research carried out in India, it is important to study such species with an objective of bringing them into mainstream so that humans can reap the benefits of Stinging nettle. It is rare to have species where all the parts have economic value and nettle is one of them. Hence, it will be in the interests of the society to dwell further into hidden aspects of nettle and exploit it for human welfare. Apart, development of value-added products creates opportunities for women of the hilly region to improve their livelihood through sustainable income generation

## NETTLE INFUSIONS

## NETTLE-FENNEL-STEVIA

### Step 1: Composition

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Fennel | 11 |
| Stevia | 0.38 |

### Step 2: Making of Tea Stepwise

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

### Nutritional Value

| | |
|---|---|
| Flavonoids(mg/g) | 80 |
| Polyphenol (mg/g) | 11 |
| Antioxidant activity (mg/g) | 0.0201 |
| Rich in mineral content | |

## NETTLE-MINT-TEA INFUSION

### Step 1: Composition

Total content 50g

| Ingredients | g |
|---|---|
| Mint | 8 |
| Nettle | 31 |
| Assam tea | 11 |

### Step 2: Making of Tea Stepwise

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

### Nutritional Value

Flavonoids(mg/g) 78
Polyphenol (mg/g) 13
Antioxidant activity (mg/g ) 0.0216
Rich in mineral content

## NETTLE-BLACK TEA INFUSION

### Step 1: Composition

Total content 50g

| Ingredients | g |
|---|---|
| Black tea | 12 |
| Nettle | 38 |

### Step 2: Making of Tea Stepwise

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

### Nutritional Value

Flavonoids(mg/g) 43
Polyphenol (mg/g) 9
Antioxidant activity (mg/g ) 0.0216

- Rich in mineral content

## PERFECT HIMALAYAN INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | G |
|---|---|
| Green tea | 12 |
| Ginger | 8 |
| Tulsi | 8 |
| Nettle | 22 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 27
Polyphenol (mg/g) 11
Antioxidant activity (mg/g ) 0.0248

- Rich in mineral content

## NETTLE-TURMERIC-AONLA INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | **g** |
|---|---|
| Turmeric | 8 |
| Aonla | 11 |
| Nettle | 31 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 40
Polyphenol (mg/g) 18
Antioxidant activity (mg/g) 0.0276

- Rich in mineral content

## NETTLE CINNAMON GINGER INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 30 |
| Ginger | 8 |
| Cinnamon | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 41 |
| Polyphenol (mg/g) | 36 |
| Antioxidant activity (mg/g ) | 0.0238 |

- Rich in mineral content

## NETTLE AONLA INFUSION

**Step 1: Composition**

Total content 50g

| **Ingredients** | |
|---|---|
| Nettle | 38 |
| Aonla | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids (mg/g) | 49 |
| Polyphenol (mg/g) | 25 |
| Antioxidant activity (mg/g ) | 0.0218 |

- Rich in mineral content

## NETTLE AONLA PINE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 31 |
| Aonla | 12 |
| Pine | 8 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 96 |
| Polyphenol (mg/g) | 15 |
| Antioxidant activity (mg/g) | 0.0248 |

- Rich in mineral content

## NETTLE-LEMONGRASS-PINE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 31 |
| Pine | 8 |
| Lemongrass | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 92 |
| Polyphenol (mg/g) | 31 |
| Antioxidant activity (mg/g) | 0.0199 |

- Rich in mineral content

## NETTLE TURMERIC STEVIA INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Turmeric | 11 |
| Stevia | 1 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 92 |
| Polyphenol (mg/g) | 20 |
| Antioxidant activity (mg/g) | 0.0190 |

- Rich in mineral content

## NETTLE MINT INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Mint | 8 |
| Nettle | 42 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 32 |
| Polyphenol (mg/g) | 20 |
| Antioxidant activity (mg/g) | 0.0238 |

- Rich in mineral content

## NETTLE GINGER INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Ginger | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 33 |
| Polyphenol (mg/g) | 36 |
| Antioxidant activity (mg/g) | 0.0197 |

- Rich in mineral content

## NETTLE PINE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Pine | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 52 |
| Polyphenol (mg/g) | 24 |
| Antioxidant activity (mg/g) | 0.0209 |

- Rich in mineral content

## NETTLE ROSEMARY INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Rosemary | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 115
Polyphenol (mg/g) 22
Antioxidant activity (mg/g) 0.0212

- Rich in mineral content

## NETTLE LEMONGRASS INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Lemongrass | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 16
Polyphenol (mg/g) 11
Antioxidant activity (mg/g ) 0.0196
Rich in mineral content

## HIMALAYAN NETTLE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 50 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 63 |
| Polyphenol (mg/g) | 32 |
| Antioxidant activity (mg/g ) | 0.0214 |
| Rich in mineral content | |

## NETTLE BURANSH INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 20 |
| Rhododendron (Buransh) | 30 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids (mg/g) | 85 |
| Polyphenol (mg/g) | 35 |
| Antioxidant activity (mg/g ) | 0.0212 |

## NETTLE TULSI INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 35 |
| Tulsi | 15 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids (mg/g) | 23 |
| Polyphenol (mg/g) | 11 |
| Antioxidant activity (mg/g ) | 0.0209 |
| Rich in mineral content | |

## NETTLE GINGER TULSI INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 31 |
| Ginger | 8 |
| Tulsi | 11 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 25 |
| Polyphenol (mg/g) | 19 |
| Antioxidant activity (mg/g ) | 0.0242 |
| Rich in mineral content | |

## GREEN TEA-NETTLE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Green tea | 15 |
| Nettle | 35 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 127
Polyphenol (mg/g) 14
Antioxidant activity (mg/g ) 0.0214
Rich in mineral content

## NETTLE BAY LEAF INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | **g** |
|---|---|
| Nettle | 38 |
| Bay Leaf | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

Flavonoids(mg/g) 99
Polyphenol (mg/g) 19
Antioxidant activity (mg/g ) 0.0212
Rich in mineral content

## NETTLE CINNAMON INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Cinnamon | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 61 |
| Polyphenol (mg/g) | 17 |
| Antioxidant activity (mg/g ) | 0.0203 |

Rich in mineral content

## LEMON GRASS-NETTLE INFUSION

**Step 1: Composition**

Total content 50g

| Ingredients | g |
|---|---|
| Nettle | 38 |
| Lemongrass | 12 |

**Step 2: Making of Tea Stepwise**

- Take well dried all ingredients.
- Clean them properly
- Weigh as per requirement
- Mix well.
- Pack in air tight packing and store at well dried condition.

**Nutritional Value**

| | |
|---|---|
| Flavonoids(mg/g) | 80 |
| Polyphenol (mg/g) | 12 |
| Antioxidant activity (mg/g ) | 0.0196 |

Rich in mineral content

## NETTLE PANCAKES

## NETTLE-BARNYARD MILLET PANCAKE

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **g** |
| Barnyard millet flour | 114 |
| All-purpose flour | 29 |
| Nettle | 18 |
| Sugar | 34 |
| Salt | 1 |
| Cinnamon powder | 2 |
| Baking soda | 2 |

**Step 2: Making of Pancake Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| | |
|---|---|
| Fat (%) | 9.74 |
| Protein (%) | 8.56 |
| Carbohydrate (%) | 69.50 |
| Energy (%) | 399.9 |
| Potassium (mg/100g) | 4219.0 |
| Calcium (mg/100g) | 4339.7 |
| Magnesium (mg/100g) | 1734.4 |
| Iron (mg/100g) | 48.6 |

## NETTLE MILLET PANCAKE (Gluten free)

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Ragi flour | 64 |
| Ramdana flour | 64 |
| Nettle | 23 |
| Sugar | 45 |
| Baking powder | 1 |
| Salt | 3 |

**Step 2: Making of Pancake Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| | |
|---|---|
| Fat (%) | 10.19 |
| Protein (%) | 9.05 |
| Carbohydrate (%) | 68.92 |
| Energy (%) | 403.62 |
| Potassium (mg/100g) | 5326.0 |
| Calcium (mg/100g) | 5964.3 |
| Magnesium (mg/100) | 1921.4 |
| Iron (mg/100g) | 72.9 |

## NETTLE MILLET PANCAKE

**Step 1: Composition**

Total content 200g

| Ingredients | g |
|---|---|
| Ragi flour | 54 |
| Ramdana flour | 54 |
| All-purpose flour | 27 |
| Nettle | 20 |
| Sugar | 41 |
| Baking powder | 1 |
| Salt | 3 |

**Step 2: Making of Pancake Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| | |
|---|---|
| Fat (%) | 8.5 |
| Protein (%) | 10.4 |
| Carbohydrate (%) | 64.5 |
| Energy (%) | 376.5 |
| Potassium (mg/100g) | 5005.0 |
| Calcium (mg /100g) | 5313.9 |
| Magnesium (mg/100g) | 1761.7 |
| Iron (mg/100g) | 94.0 |

## NETTLE PANCHRATAN PANCAKE MIX

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Ragi flour | 30 |
| Ramdana flour | 30 |
| Barnyard millet | 30 |
| Wheat flour | 30 |
| Nettle | 30 |
| Sugar | 43 |
| Baking powder | 2 |

**Step 2: Making of Tea Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| | |
|---|---|
| Fat (%) | 2.4 |
| Protein (%) | 10.3 |
| Carbohydrate (%) | 73.9 |
| Energy (%) | 358.0 |
| Potassium (mg/kg) | 6712.8 |
| Calcium (mg/kg) | 8503.1 |
| Magnesium (mg) | 2195.6 |
| Iron (mg/kg) | 100.0 |

## BARNYARD MILLET PANCAKE

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **g** |
| Barnyard millet flour | 125 |
| All-purpose flour | 31 |
| Sugar | 37 |
| Salt | 1 |
| Baking soda | 3 |
| Cinnamon powder | 3 |

**Step 2: Making of Pancake Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients

**Nutritional Value**

| | |
|---|---|
| Fat (%) | 14.06 |
| Protein (%) | 7.18 |
| Carbohydrate (%) | 69.13 |
| Energy (%) | 431.78 |
| Potassium (mg/100g) | 2963.8 |
| Calcium (mg/100g) | 107.5 |
| Magnesium (mg/100g) | 1181.3 |
| Iron (mg/100g) | 27.7 |

## NETTLE CREPE MIXES

## NETTLE BARNYARD MILLET CREPE

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Barnyard Millet Flour | 132 |
| Wheat Flour | 33 |
| Nettle | 25 |
| Green Chilly | 1 |
| Asafoetida | 1 |
| Salt | 2 |
| Chat Masala | 1 |
| Baking Soda | 2 |
| Cumin Seed | 2 |
| Dry ginger powder | 1 |

**Step 2: Making of Crepe Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrients | |
|---|---|
| Fat (%) | 15.1 |
| Protein (%) | 10.14 |
| carbohydrates (%) | 61.65 |
| Energy (%) | 423.07 |
| Potassium (mg/kg) | 5657 |
| Calcium (mg/kg) | 5513.2 |
| Magnesium (mg/kg) | 2314.6 |
| Iron (mg/kg) | 87.4 |

## PANCHRATAN CREPE MIX (gluten free)

**Step 1: Composition**

Total content 200g

| Materials | G |
|---|---|
| Barnyard Millet Flour | 39 |
| Ramdana Flour | 39 |
| Finger Millet | 36 |
| Gram Flour (Besan) | 48 |
| Nettle | 28 |
| Green Chili Powder | 1 |
| Salt | 3 |
| Baking Soda | 2 |
| Cumin Seed | 3 |
| Dry Ginger Powder | 1 |

**Step 2: Making of Crepe Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrients | |
|---|---|
| Fat (%) | 16.35 |
| Protein (%) | 13.28 |
| Carbohydrate (%) | 55.15 |
| Energy (%) | 420.82 |
| Potassium (mg/100g) | 7017.7 |
| Calcium (mg/100g) | 6579.3 |
| Magnesium (mg/100g) | 2336.5 |
| Iron (mg/100g) | 99 |

## NETTLE MILLET CREPE

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Barnyard Millet Flour | 33 |
| Ramdana Flour | 33 |
| Finger Millet | 33 |
| Wheat Flour | 41 |
| Nettle | 49 |
| Green Chili Powder | 1 |
| Salt | 5 |
| Baking Soda | 2 |
| Cumin Seed | 2 |
| Dry Ginger Powder | 1 |

**Step 2: Making of Crepe Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrients** | |
|---|---|
| Fat (%) | 16.14 |
| Protein (%) | 12.05 |
| Carbohydrates (%) | 57.74 |
| Energy (%) | 424.39 |
| Potassium (mg/kg) | 6178.7 |
| Calcium (mg/kg) | 7064.1 |
| Magnesium (mg/kg) | 2335.5 |
| Iron (mg/kg) | 98.6 |

## NETTLE BARNYARD MILLET CREPE (gluten free)

**Step 1: Composition**

Total content 200g

| Material | **g** |
|---|---|
| Barnyard Millet | 112 |
| Gram flour (Besan) | 37 |
| Nettle | 37 |
| Green Chilly | 1 |
| Ginger Powder | 1 |
| Salt | 6 |
| Chat Masala | 1 |
| Baking Soda | 2 |
| Cumin Seed | 3 |

**Step 2: Making of Crepe Mixture Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrients** | |
|---|---|
| Fat (%) | 17 |
| Protein (%) | 11.16 |
| Carbohydrate (%) | 55.72 |
| Energy (%) | 420.50 |
| Potassium (mg/100g) | 7074 |
| Calcium (mg/100g) | 7613.9 |
| Magnesium (mg/100g) | 2454.3 |

## NETTLE FLOUR MIXES

## NETTLE PANCHRATAN ROTI AATA

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Barnyard millet | 40 |
| Wheat flour | 40 |
| Finger millet flour | 40 |
| Corn flour | 40 |
| Nettle fine | 40 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thickness
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrients | |
|---|---|
| Fat (%) | 2.7 |
| Protein (%) | 12.1 |
| Carbohydrates (%) | 68.8 |
| Energy (%) | 348.0 |
| Potassium (mg/kg) | 7737.9 |
| Calcium (mg/kg) | 9995.1 |
| Magnesium (mg/kg) | 2850.2 |
| Iron (mg/kg) | 141.5 |

## PANCHRATAN ROTI AATA

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Barnyard millet | 50 |
| Wheat flour | 50 |
| Finger millet flour | 50 |
| Corn flour | 50 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thichness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrients | |
|---|---|
| Fat (%) | 3.4 |
| Protein (%) | 12.7 |
| Carbohydrates (%) | 70.9 |
| Energy (%) | 365.0 |
| Potassium (mg/kg) | 4425.4 |
| Calcium (mg/kg) | 796.0 |
| Magnesium (mg/kg) | 1514.0 |
| Iron (mg/kg) | 37.4 |

## NETTLE MASALA POORI AATA

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | g |
| Barnyard millet flour | 38 |
| Wheat flour | 38 |
| Nettle fine | 38 |
| Finger millet flour | 38 |
| Corn flour | 38 |
| Salt | 6 |
| Ginger powder | 1 |
| Cumin powder | 1 |
| Chat masala | 1 |
| Green chilli powder | 1 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thickness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 10.85 |
| Protein (%) | 11.23 |
| Carbohydrate (%) | 60.95 |
| Energy (%) | 386.34 |
| Potassium (mg/100g) | 7223.5 |

## NETTLE PANCHRATAN KACHORI ATTA

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **g** |
| Barnyard millet flour | 27 |
| Wheat flour | 27 |
| Nettle fine | 27 |
| Finger millet flour | 27 |
| Corn flour | 27 |
| Asafoetida | 2 |
| Green chilli powder | 2 |
| Potato powder | 55 |
| Salt | 4 |
| Cumin seed powder | 2 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thichness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 15.2 |
| Protein (%) | 10.8 |
| Carbohydrate (%) | 59.9 |
| Energy (%) | 419.5 |
| Potassium (mg/100g) | 9163.7 |
| Calcium (mg/100g) | 6747.4 |
| Magnesium (mg/100g) | 1930.2 |
| Iron (mg/100g) | 63.4 |

## NETTLE PANCHRATAN POORI AATA

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Barnyard millet flour | 28 |
| Wheat flour | 28 |
| Nettle fine | 28 |
| Finger millet flour | 28 |
| Corn flour | 28 |
| Asafoetida | 2 |
| Green chilli powder | 1 |
| Potato powder | 55 |
| Salt | 4 |

**Step 2: Making of Flour MixStepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thickness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 11.1 |
| Protein (%) | 11.7 |
| Carbohydrate (%) | 61.3 |
| Energy (%) | 392.2 |
| Potassium (mg/100g) | 7052.5 |
| Calcium (mg/100g) | 8579.2 |
| Magnesium (mg/100g) | 2435.5 |
| Iron (mg/100g) | 69.2 |

## NETTLE GOBHI PARATHA FLOUR MIX

**Step 1: Composition**

Total content 200g

| Material | **g** |
|---|---|
| Barnyard flour | 40 |
| Wheat flour | 60 |
| Corn flour | 18 |
| Nettle (fine) | 40 |
| Salt | 6 |
| Cauliflower | 30 |
| Ginger | 2 |
| Garlic powder | 1 |
| Salt | 3 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thickness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 6.5 |
| Protein (%) | 15.9 |
| Carbohydrate (%) | 57.7 |
| Energy (%) | 352.9 |
| Potassium (mg/100g) | 10497.6 |
| Calcium (mg/100g) | 10308.9 |

## NETTLE MIX VEG PARATHA MIX

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Flour | 88 |
| Nettle | 35 |
| Cauliflower | 18 |
| Cabbage | 16 |
| Carrot | 18 |
| Ginger powder | 18 |
| Garlic powder | 1 |
| Green chilli | 1 |
| Salt | 4 |
| Black pepper | 1 |

**Step 2: Making of Flour Mix Stepwise**

- All the ingredients must be well dried
- Bring the dried nettle leaves to flour thichness
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrient | |
|---|---|
| Fat (%) | 4.4 |
| Protein (%) | 14.3 |
| Carbohydrate (%) | 64.1 |
| Energy (%) | 352.7 |
| Potassium (mg/100g) | 11041.7 |
| Calcium (mg/100g) | 10585.1 |
| Magnesium (mg/100g) | 2851.1 |
| Iron (mg/100g) | 148.0 |

## NETTLE CUTLET MIXES

## NETTLE-BARNYARD MILLET CUTLET MIX

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **g** |
| Potato Powder | 53 |
| Barnyard Millet Flour | 107 |
| Carrot | 4 |
| Cauliflower Powder | 4 |
| Beans | 4 |
| Salt | 3 |
| Garlic Powder | 2 |
| Nettle (Coarse) | 21 |
| Cumin Powder | 1 |
| Green Chilli | 1 |

**Step 2: Making of Nettle Cutlet Mixes**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| NUTRIENTS | |
|---|---|
| Fat (%) | 3.1 |
| Protein (%) | 12.4 |
| Carbohydrates (%) | 48.9 |
| Energy (%) | 273.4 |
| Potassium (mg/kg) | 9661.4 |
| Calcium (mg/kg) | 5684.3 |
| Magnesium (mg/kg) | 2358.8 |
| Iron (mg/kg) | 46.4 |

## NETTLE PACHRATAN CUTLET MIX

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Barnyard Millet | 27 |
| Nettle (course) | 27 |
| Ragi Flour | 27 |
| Maize Flour | 27 |
| Salt | 2 |
| Ginger Powder | 1 |
| Garlic Powder | 1 |
| Chat Masala | 2 |
| Cumin Powder | 1 |
| Chilli Powder | 1 |
| Potato Powder | 77 |
| Dry mango powder | 7 |

**Step 2: Making of Nettle Cutlet Mixes**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrient | |
|---|---|
| Fat (%) | 2.1 |
| Protein (%) | 11.4 |
| Carbohydrates (%) | 71.7 |
| Energy (%) | 351.0 |
| Potassium (mg/kg) | 11942.7 |
| Calcium (mg/kg) | 7676.2 |
| Magnesium (mg/kg) | 2083.4 |
| Iron (mg/kg) | 79.0 |

## NETTLE SOUP MIXES

## NETTLE-MIX VEG 1(CARROT, CABBAGE, BEAN) SOUP MIX

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Nettle | 45 |
| Carrot | 11 |
| Cabbage | 11 |
| Beans | 11 |
| Onion | 11 |
| Garlic | 11 |
| Ginger | 8 |
| Corn flour | 57 |
| Black pepper | 8 |
| Salt | 27 |

**Step 2: Making of Nettle Soup Mix Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- All the ingredients must be well dried
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrient | |
|---|---|
| Fat (%) | 1.80 |
| Protein (%) | 11.44 |
| Carbohydrate (%) | 71.88 |
| Energy (%) | 349.51 |
| Potassium (mg/100g) | 8987.2 |
| Calcium (mg/100g) | 9420.7 |
| Magnesium (mg/100g) | 1949.3 |
| Iron (mg/100g) | 199.2 |

## NETTLE -MIX VEG 2 (CARROT, CABBAGE, BEAN) SOUP MIX

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **g** |
| Nettle | 45 |
| Carrot | 11 |
| Cabbage | 11 |
| Beans | 11 |
| Onion | 11 |
| Garlic | 11 |
| Ginger | 8 |
| Corn flour | 57 |
| Black pepper | 8 |
| Salt | 27 |

**Step 2: Making of Nettle Soup Mix Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- All the ingredients must be well dried
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrient | |
|---|---|
| Fat (%) | 1.35 |
| Protein (%) | 9.13 |
| Carbohydrate (%) | 74.85 |
| Energy (%) | 348.10 |
| Potassium (mg/100g) | 11069.0 |
| Calcium (mg/100g) | 13057.1 |
| Magnesium (mg/100g) | 2458.0 |
| Iron (mg/100g) | 148.0 |

## NETTLE-CABBAGE MUSHROOM SOUP

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Material | **G** |
| Nettle | 39 |
| Mushroom | 16 |
| Cabbage | 16 |
| Onion | 10 |
| Garlic | 7 |
| Ginger | 7 |
| Corn flour | 49 |

**Step 2: Making of Nettle Soup Mix Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- All the ingredients must be well dried
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 2.6 |
| Protein (%) | 13.6 |
| Carbohydrate (%) | 56.2 |
| Energy (%) | 304.0 |
| Potassium (mg/100g) | 9898.9 |
| Calcium (mg/100g) | 10424.8 |
| Magnesium (mg/100g) | 2049.9 |
| Iron (mg/100g) | 729.1 |

## CABBAGE AND MUSHROOM SOUP

**Step 1: Composition**

Total content 200g

| Material | **g** |
|---|---|
| Mushroom | 20 |
| Cabbage | 20 |
| Onion | 14 |
| Garlic | 8 |
| Ginger | 8 |
| Corn flour | 61 |
| Pepper | 5 |
| Salt | 24 |
| Milk powder | 40 |

**Step 2: Making of Nettle Soup Mix Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| **Nutrient** | |
|---|---|
| Fat (%) | 3.2 |
| Protein (%) | 12.1 |
| Carbohydrate (%) | 60.0 |
| Energy (%) | 317.3 |
| Potassium (mg/100g) | 10188.4 |
| Calcium (mg/100g) | 2273.1 |
| Magnesium (mg/100g) | 743.4 |

## CREAM OF NETTLE-MUSHROOM SOUP

**Step 1: Composition**

Total content 200g

| Material | g |
|---|---|
| Nettle | 63 |
| Potato powder | 31 |
| Mushroom powder | 21 |
| Corn flour | 31 |
| Onion | 13 |
| Garlic | 8 |
| Ginger | 4 |
| Pepper | 4 |
| Salt | 25 |

**Step 2: Making of Nettle Soup Mix Stepwise**

- Crush dried nettle leaves to fine cut
- Sieve with mesh
- Remember not to make it fine powder
- Weigh the instructed quantity
- Mix well all ingredients
- Pack in airtight packing and store in dry place.

**Nutritional Value**

| Nutrient | |
|---|---|
| Fat (%) | 15.9 |
| Protein (%) | 12.1 |
| Carbohydrate (%) | 45.4 |
| Energy (%) | 373.2 |
| Potassium (mg/100g) | 11519.6 |
| Calcium (mg/100g) | 12092.9 |
| Magnesium (mg/100g) | 2237.6 |
| Iron (mg/100g) | 146.3 |

## NETTLE PAPTOLE

## SHISHUN PAPTOLE

**Step 1: Composition**

Chana dal and fresh nettle leaves in the ratio of 1:2.5

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the chana dal overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Wash and chop the fresh nettle leaves finely.
- Mix the chopped nettle leaves with chana dal paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 23 |
| Mg (mg/kg) | 2289 |
| P (mg/kg) | 4240 |
| K (mg/kg) | 17440 |
| Ca (mg/kg) | 14862 |
| Mn (mg/kg) | 24 |
| Fe (mg/kg) | 131 |
| Na (mg/kg) | 93 |
| Crude fiber (%) | 9 |
| Total phenolic compounds (mg/ GAE g) | 70 |
| Antioxidant Activity (mg/GAE g) | 9 |

## SHISHUN AALOO PAPTOLE

**Step 1: Composition**

Boiled potato and fresh nettle leaves in the ratio 5:3

**Step 2: Making of Nettle Paptole Stepwise**

- Wash thoroughly and boil the potato.
- Peel and mash it well.
- Wash and chop the fresh nettle leaves finely.
- Mix the chopped nettle leaves with mashed potato.
- Make the small flat balls and dry in strong sunlight till well dried
- Store in airtight container
- Cook when required.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 17 |
| Mg (mg/kg) | 3038 |
| P (mg/kg) | 4899 |
| K (mg/kg) | 25173 |
| Ca (mg/kg) | 18688 |
| Mn (mg/kg) | 24 |
| Fe (mg/kg) | 140 |
| Na (mg/kg) | 82 |
| Crude fiber (%) | 10 |
| Total phenolic compounds (mg/ GAE g) | 655 |
| Phytate content (mg/100 g) | 100 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE PAPTOLE (with chana dal)

**Step 1: Composition**

Chana dal and dried crshed nettle leaves in the ratio of 4:1.

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the chana dal overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Weigh the clean dried finely crushed nettle leaves
- Mix the chopped nettle leaves with chana dal paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 23 |
| Mg (mg/kg) | 2343 |
| P (mg/kg) | 3540 |
| K (mg/kg) | 12073 |
| Ca (mg/kg) | 11060 |
| Mn (mg/kg) | 32 |
| Fe (mg/kg) | 154 |
| Na (mg/kg) | 108 |
| Crude fiber (%) | 6 |
| Total phenolic compounds (mg/ GAE g) | 112 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE PAPTOLE (with chana dal and potato)

**Step 1: Composition**

| | |
|---|---|
| Total content 200g | |
| Ingredients | **g** |
| Dry and crushed nettle leaves | 15 |
| Potato | 100 |
| Chana dal | 85 |

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the chana dal overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Wash and boil the potato. Mash finely after peeling.
- Weigh the crushed dried nettle leaves.
- Mix all ingredients well.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container when dried well.
- Cook when required.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 19 |
| Mg (mg/kg) | 1619 |
| P (mg/kg) | 3263 |
| K (mg/kg) | 11339 |
| Ca (mg/kg) | 5327 |
| Mn (mg/kg) | 28 |
| Fe (mg/kg) | 70 |
| Na (mg/kg) | 107 |
| Crude fiber (%) | 6 |
| Total phenolic compounds (mg/ GAE g) | 65 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE PAPTOLE (with bhatt)

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Dry and crushed nettle leaves | 50 |
| Black soya | 150 |

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the bhatt overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Weigh the crushed and dried nettle leaves.
- Mix the nettle leaves with blacksoy paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required

**Nutritional Value**

| **Nutrients** | |
|---|---|
| Protein (%) | 26 |
| Mg (mg/kg) | 3595 |
| P (mg/kg) | 5177 |
| K (mg/kg) | 17596 |
| Ca (mg/kg) | 10562 |
| Mn (mg/kg) | 32 |
| Fe (mg/kg) | 137 |
| Na (mg/kg) | 33 |
| Crude fiber (%) | 10 |
| Total phenolic compounds (mg/ GAE g) | 65 |

## NETTLE PAPTOLE (with moong dal)

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Mung bean | 150 |
| Nettle | 50 |

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the moong dal (yellow) overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Weigh the crushed and dried nettle leaves.
- Mix the nettle leaves with moong dal paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required.

**Nutritional Value**

| Nutrients | |
|---|---|
| Protein (%) | 21 |
| Mg (mg/kg) | 3108 |
| P (mg/kg) | 4308 |
| K (mg/kg) | 15104 |
| Ca (mg/kg) | 9474 |
| Mn (mg/kg) | 23 |
| Fe (mg/kg) | 121 |
| Na (mg/kg) | 34 |
| Crude fiber (%) | 5 |
| Total phenolic compounds (mg/ GAE g) | 105 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE PAPTOLE (with malka dal)

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| Red split,lentils | 140 |
| Nettle | 60 |

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak dal malka (lentil) overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Weigh the crushed and dried nettle leaves.
- Mix the nettle with lentil paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required.

**Nutritional Value**

| **Nutrients** | |
|---|---|
| Protein (%) | 18 |
| Mg (mg/kg) | 2640 |
| P (mg/kg) | 3877 |
| K (mg/kg) | 12889 |
| Ca (mg/kg) | 9466 |
| Mn (mg/kg) | 23 |
| Fe (mg/kg) | 117 |
| Na (mg/kg) | 40 |
| Crude fiber (%) | 4 |
| Total phenolic compounds (mg/ GAE g) | 80 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE PAPTOLE (with safed bhatt)

**Step 1: Composition**

| Total content 200g | |
|---|---|
| Ingredients | **g** |
| White soya | 150 |
| Nettle | 50 |

**Step 2: Making of Nettle Paptole Stepwise**

- Wash and **s**oak the safed bhatt overnight.
- Drain the excess water.
- Grind it to make a thin paste.
- Weigh the crushed and dried nettle leaves.
- Mix the nettle with dal paste.
- Make the small flat balls and dry in strong sunlight.
- Store in airtight container
- Cook when required

**Nutritional Value**

| Nutrients | |
|---|---|
| Protein (%) | 27 |
| Mg (mg/kg) | 3410 |
| P (mg/kg) | 4924 |
| K (mg/kg) | 18216 |
| Ca (mg/kg) | 13905 |
| Mn (mg/kg) | 34 |
| Fe (mg/kg) | 129 |
| Na (mg/kg) | 40 |
| Crude fiber (%) | 8 |
| Total phenolic compounds (mg/ GAE g) | 105 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE SNACKS

## NETTLE NACHOS-CLASSIC

**Step 1: Composition**

Total content 200g

| Ingredients | **g** |
|---|---|
| Maize flour | 56 |
| All -purpose flour | 28 |
| Nettle | 14 |
| Salt | 1.5 |
| Red Chilly | 0.5 |

Other ingredients-
Oil for moyan- 1tbsp
Water – 75-80 ml
Oil for frying- as requirement
Seasoning classical- 0.5 g/100g of nachos

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE OF CLASSICAL SEASONING-

- Salt – 10g
- Crystals of tartaric acid – 1g

Mix both and grind well to make fine powder.

RECIPE NACHOS-

- Mix all the ingredients given in table in a mixing bowl
- Add oil for moyen, mixing it thoroughly.
- While adding water to the flour start kneading the flour with your knuckles making tight dough.
- Knead it well for 5-6 minutes to release all air in the flour. This will make the nachos crispier.
- Let the dough to rest for 10 minutes.
- Make small balls of the dough.
- Roll each dough ball to a smooth ball and roll evenly using a rolling pin to the thickness of a roti.
- Semi-cook the roti on a flat griddle or pan.
- We just have to cook them a bit to evaporate the moisture so that they are crispy when fried.
- Cut them triangular to make nachos and fry on low-medium flame in a wok (kadhai) till they turn crispy.
- Once they are ready, take them out on a tissue paper to absorb the extra oil.
- Sprinkle the seasoning over Nachos evenly and mix well.
- Nachos are ready to be packed.
- Nachos can be served with dip of your choice.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 6 |
| Mg (mg/kg) | 1245 |
| P (mg/kg) | 2073 |
| K (mg/kg) | 4612 |
| Ca(mg/kg) | 4696 |
| Mn(mg/kg) | 12 |
| Fe (mg/kg) | 74 |
| Na (mg/kg) | 7142 |
| Crude fiber (%) | 18 |
| Total phenolic compounds (mg/ GAE g) | 73 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE NACHOES-TANGY TASTE

**Step 1: Composition**

Total content 100g

| Ingredients | **g** |
|---|---|
| Maize flour | 56 |
| All-purpose flour | 28 |
| Nettle | 14 |
| Salt | 1.5 |
| Red Chilly | 0.5 |

**Other ingredients-**
Water 75-80 ml
Oil for moyan (1Tbsp)
Oil for frying- as per requirement
Tangy seasoning- 0.5g/ 100g of nachos

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE OF TANGY SEASONING-

- Salt – 10g
- Crystals of tartaric acid – 1g

Mix both and grind well to make fine powder of sour salt.

- Garlic powder- 1g
- Green chili powder- 0.5 g
- Sour salt- 1g

Mix these three ingredients and grind to make fine powder of tangy seasoning

RECIPE-

- Mix all the ingredients given in table in a mixing bowl
- Add oil for moyen, mixing it thoroughly.
- While adding water to the flour start kneading the flour with your knuckles making tight dough.
- Knead it well for 5-6 minutes to release all air in the flour. This will make the nachos crispier.
- Let the dough to rest for 10 minutes.
- Make small balls of the dough.
- Roll each dough ball to a smooth ball and roll evenly using a rolling pin to the thickness of a roti.
- Semi-cook the roti on a flat griddle or pan.
- We just have to cook them a bit to evaporate the moisture so that they are crispy when fried.
- Cut them triangular to make nachos and fry on low-medium flame in a wok (kadhai) till they turn crispy.
- Once they are ready, take them out on a tissue paper to absorb the extra oil.
- Sprinkle the seasoning over Nachos evenly and mix well.
- Nachos are ready to be packed.
- Nachos can be served with dip of your choice.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 6 |
| Mg (mg/kg) | 1268 |
| P (mg/kg) | 2120 |
| K (mg/kg) | 4681 |
| Ca(mg/kg) | 4754 |
| Mn(mg/kg) | 12 |
| Fe (mg/kg) | 82 |
| Na (mg/kg) | 8188 |
| Crude fiber (%) | 18 |
| Total phenolic compounds (mg/ GAE g) | 335 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE NACHOES-CHEEZY TOMATO

**Step 1: Composition**

Total content 200g

| Ingredients | **g** |
|---|---|
| Corn flour | 56 |
| All-purpose flour | 28 |
| Nettle | 14 |
| Salt | 1.5 |
| Red Chilly | 0.5 |

**Other ingredients-**

Water 75-80 ml
Oil for moyan (1Tbsp)
Oil for frying- as per requirement
Cheese tomato seasoning- 1.5g of cheese tomato seasoning/100g of nachoes

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE OF CHEESE TOMATO SEASONING-

- Cheese powder- 1.75g
- Garlic powder- 0.75g
- Tomato powder- 2.0g
- Salt- 1.5g
- Roasted red chili powder- 1.25g

Mix all ingredients of seasoning and grind to make fine powder of cheese tomato seasoning.

RECIPE OF NACHOES-

- Mix all the ingredients given in table in a mixing bowl
- Add oil for moyen, mixing it thoroughly.
- While adding water to the flour start kneading the flour with your knuckles making tight dough.
- Knead it well for 5-6 minutes to release all air in the flour. This will make the nachos crispier.
- Let the dough to rest for 10 minutes.
- Make small balls of the dough.
- Roll each dough ball to a smooth ball and roll evenly using a rolling pin to the thickness of a roti.
- Semi-cook the roti on a flat griddle or pan.
- We just have to cook them a bit to evaporate the moisture so that they are crispy when fried.
- Cut them triangular to make nachos and fry on low-medium flame in a wok (kadhai) till they turn crispy.
- Once they are ready, take them out on a tissue paper to absorb the extra oil.
- Sprinkle the seasoning over Nachos evenly and mix well.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 6 |
| Mg (mg/kg) | 1305 |
| P (mg/kg) | 2204 |
| K (mg/kg) | 4814 |
| Ca(mg/kg) | 5026 |
| Mn (mg/kg) | 14 |
| Fe (mg/kg) | 65 |
| Na (mg/kg) | 8276 |
| Crude fiber (%) | 20 |
| Total phenolic compounds (mg/ GAE g) | 770 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE POTATO PADAD

**Step 1: Composition**

| Total content 100g | |
|---|---|
| Ingredients | **g** |
| Boiled and peeled potato | 86 |
| Cumin seeds | 0.5 |
| Red chilli powder(roasted) | 0.5 |
| Salt | 1.5 |
| Dry nettle fine cut | 11.5 |

**Step 2: Making of Nettle Snacks Stepwise**

- Wash and boil the potatoes well.
- Mash the potato smoothly and mix all ingredients to give it a texture of soft dough.
- Greese your palm with edible oil and make small balls of potato mixture.
- Take a piece of transparent polythene sheet of approximately double the size of your rolling board.
- Spread the polythene sheet on rolling board keeping half of sheet outside the board.
- Apply oil on the sheet lightly and on both sides of potato mixture ball.
- Place it on the center of polythene on the rolling board.
- Cover it with other half of sheet.
- Roll the potato ball to make a thin flat disc.
- Remove it lightly and put it in another sheet spreaded for drying the papad in strong sun shine.
- Place all the papad in sheet for drying.
- After 3-4 hr when they are dried on one side turn the side of papad.
- Store and pack when they are well dried.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 6 |
| Mg (mg/kg) | 2114 |
| P (mg/kg) | 3245 |
| K (mg/kg) | 16662 |
| Ca (mg/kg) | 12299 |
| Mn (mg/kg) | 18 |
| Fe (mg/kg) | 81 |
| Na (mg/kg) | 16799 |
| Crude fiber (%) | 5 |
| Total phenolic compounds (mg/ GAE g) | 100 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE NAMKEEN-CHEEZY TASTE OF NETTLE

**Step 1: Composition**

Total content 200g

**Dry Ingredients**

| | |
|---|---|
| Gram Flour | 38 |
| Rice flour | 38 |
| Potato flour | 77 |
| Nettle | 32 |
| Ginger | 1 |
| Red chilli powder | 3 |
| Salt | 4 |
| Chat masala | 2 |
| Baking soda | 2 |
| Cumin seed powder | 3 |

**Other ingredients-**

| | |
|---|---|
| Oil for Moyen | 2 Tbsp |
| Oil for deep frying | As per requirement |
| Water | 140-150 ml |
| Seasoning | 1.5g of cheese tomato seasoning/100g of namkeen |

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE OF CHEESE TOMATO SEASONING-

- Cheese powder- 1.75g
- Garlic powder- 0.75g
- Tomato powder- 2.0g
- Salt- 1.5g
- Roasted red chili powder- 1.25g

Mix all ingredients of seasoning and grind to make fine powder of cheese tomato seasoning.

RECIPE OF NAMKEEN

- Take all dry ingredients in a mixing bowl and mix well.
- Add oil in the bowl mixing well with material. Knead well by slowly adding water to form soft dough.
- Take out a small portion from the dough and place the dough in the namkeen making machine to cut out equal shapes.
- Keep the iron wok or pan on medium flame and pour in it any edible oil of your choice for frying.
- When the oil is well warmed, place the prepared namkeen in it to deep fry till they appear crispy.
- Take out the well fried namkeen and keep on a tissue paper or clothe to soak the extra oil.
- To add flavor, sprinkle cheese tomato seasoning and mix evenly.
- Store / pack in airtight condition when it comes to room temperature.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 8 |
| Mg (mg/kg) | 1457 |
| P (mg/kg) | 2231 |
| K (mg/kg) | 9041 |
| Ca (mg/kg) | 4852 |
| Mn (mg/kg) | 12 |
| Fe (mg/kg) | 79 |
| Na (mg/kg) | 9627 |
| Crude fiber (%) | 15 |
| Total phenolic compounds (mg/ GAE g) | 388 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE NAMKEEN-TANGY TASTE

**Step 1: Composition**

Total content 200g

**Ingredients**

| | |
|---|---|
| Gram Flour | 38 |
| Rice flour | 38 |
| Potato flour | 77 |
| Nettle | 32 |
| Ginger | 1 |
| Red chilli powder | 3 |
| Salt | 4 |
| Chat masala | 2 |
| Baking soda | 2 |
| Cumin seed powder | 3 |

**Other ingredients-**

| | |
|---|---|
| Oil for Moyen | 2 Tbsp |
| Oil for deep frying | As per requirement |
| Water | 140-150 ml |
| Seasoning | 0.5g of tangy seasoning/100g of namkeen |

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE OF TANGY SEASONING-

- Salt – 10g
- Crystals of tartaric acid – 1g

Mix both and grind well to make fine powder of sour salt.

- Garlic powder- 1g
- Green chili powder- 0.5 g
- Sour salt- 1g

Mix these three ingredients and grind to make fine powder of tangy seasoning

RECIPE

- Take all dry ingredients in a mixing bowl and mix well.
- Add oil in the bowl mixing well with material. Knead well by slowly adding water to form soft dough.
- Take out a small portion from the dough and place the dough in the namkeen making machine to cut out equal shapes.
- Keep the iron wok or pan on medium flame and pour in it any edible oil of your choice for frying.
- When the oil is well warmed, place the prepared namkeen in it to deep fry till they appear crispy.
- Take out the well fried namkeen and keep on a tissue paper or clothe to soak the extra oil.
- To add flavor, sprinkle tangy seasoning and mix evenly.
- Store / pack in airtight condition when it comes to room temperature.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 17 |
| Mg (mg/kg) | 1416 |
| P (mg/kg) | 2156 |
| K (mg/kg) | 8783 |
| Ca (mg/kg) | 4664 |
| Mn (mg/kg) | 12 |
| Fe (mg/kg) | 45 |
| Na (mg/kg) | 8126 |
| Crude fiber (%) | 15 |
| Total phenolic compounds (mg/ GAE g) | 140 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE KHAJURE BAKED

**Step 1: Composition**

Total content 200g

| Ingredients | g |
|---|---|
| Flour | 117 |
| Nettle | 18 |
| Jaggery | 60 |
| Baking powder | 3 |
| Baking soda | 2 |

Other ingredients-

| | |
|---|---|
| Ghee for moyen | 20 |
| Milk | 40 ml |
| Water | 40 ml |
| Ghee for moyen | 20 |

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE-

- Make small pieces of jagerry and soak in water for 2 hrs and dissolve well in water.
- Sieve baking powder and baking soda with flour in mixing bowl.
- Add nettle and mix well.
- Warm ghee lightly to bring to soft / liquid state. Pour over flour and mix well.
- Add the Jaggery water and start kneading. Further knead with milk to make bit stiff dough. Keep aside covered for 20 minutes.
- Preheat oven for baking. In the meanwhile using your fingers kneads the dough once again until you get smooth dough easy enough to roll.
- Apply ghee/oil to the rolling surface and rolling pin. Roll the dough to 1 inch thick circle.
- Using a knife cut the Khajure into diamond shapes. Alternatively you can use cookie cutter to cut into desired shapes or can make pattern using fork.
- Grease the baking tray lightly and place cut pieces evenly. Apply melted ghee lightly with the help of brush.
- Bake at $180^0$ C for 12 min and another 12 min at $160^0$ C.
- Store in an airtight container when at room temperature.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 11 |
| Mg (mg/kg) | 14100 |
| P (mg/kg) | 2391 |
| K (mg/kg) | 6356 |
| Ca (mg/kg) | 4094 |
| Mn (mg/kg) | 22 |
| Fe (mg/kg) | 59 |
| Na (mg/kg) | 5321 |
| Crude fiber (%) | 10 |
| Total phenolic compounds (mg/ GAE g) | 63 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE NAMAK PARE FRIED

**Step 1: Composition**

Total content 200g

| Ingredients | g |
|---|---|
| All-purpose flour | 152 |
| Nettle | 38 |
| Carom seed | 2 |
| Salt | 5 |
| Baking soda | 3 |

**Other ingredients-**
Water- 110-120 ml
Oil for movan – 40 ml

**Step 2: Making of Nettle Snacks Stepwise**

Recipe-

- Sieve baking baking soda with flour in mixing bowl.
- Crush the carom seeds between your palms and add into flour.
- Also add nettle and mix well.
- Pour oil for moyen over flour and mix well by rubbing with your palms.
- Knead with leuk warm water to make bit stiff dough. Keep aside covered for 20 minutes.
- Keep an iron wok or pan over medium flame and add oil for frying.
- Using your fingers knead the dough once again without adding water until you get smooth dough easy enough to roll.
- Apply oil to the rolling surface and rolling pin. Roll the dough to 1 inch thick circle.
- Using a knife cut the namakpare shape. Alternatively you can use cookie cutter to cut into desired shapes or can make pattern using fork.
- Fry well deeply in low to medium flame till they change colour.
- Remove from oil and spread them in tissue paper so that excess oil is absorbed.
- Mineral rich healthy snack is ready to enjoy with tea or coffee.
- Store in an airtight container.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 7 |
| Mg (mg/kg) | 991 |
| P (mg/kg) | 1201 |
| K (mg/kg) | 3940 |
| Ca (mg/kg) | 5482 |
| Mn (mg/kg) | 13 |
| Fe (mg/kg) | 69 |
| Na (mg/kg) | 9599 |
| Crude fiber (%) | 16 |
| Total phenolic compounds (mg/ GAE g) | 65 |
| Antioxidant Activity (mg/GAE g) | 10 |

# NETTLE NAMAK PARE BAKED

**Step 1: Composition**

Total content 200g

| Ingredients | g |
|---|---|
| All-purpose flour | 150 |
| Nettle | 36 |
| Carom seed | 2 |
| Salt | 5 |
| Baking soda | 4 |
| Baking powder | 3 |

Other ingredients-
Oil for moyen- 55 ml
Oil for light smearing on namakpareys- 1tsp or 10 ml
Water- 60 to 70 ml or as per requirement

**Step 2: Making of Nettle Snacks Stepwise**

Recipe-

- Sieve baking baking soda with flour in mixing bowl.
- Crush the carom seeds between your palms and add into flour.
- Also add nettle and mix well.
- Pour oil for moyen over flour and mix well by rubbing with your palms.
- Knead with lukewarm water to make stiff dough. Keep aside covered for 20 minutes.
- Using your fingers knead the dough once again without adding water until you get smooth dough easy enough to roll.
- Preheat the oven and meanwhile start rolling the dough.
- Apply light oil to the rolling surface and roll the dough to ½ cm thickness.
- Using a knife cut the namakpare shape. Alternatively you can use cookie cutter to cut into desired shapes or can make pattern using fork.
- Place the pieces on baking tray evenly and apply light oil with the help of brush on the top surface.
- Bake the namakpares at $180^0$ C for 20 min
- Mineral rich healthy snack is ready to enjoy with tea or coffee or munch when you are hungry.
- Store in an airtight container at room temperature.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 10 |
| Mg (mg/kg) | 1270 |
| P (mg/kg) | 1442 |
| K (mg/kg) | 5058 |
| Ca(mg/kg) | 7273 |
| Mn (mg/kg) | 16 |
| Fe (mg/kg) | 77 |
| Na (mg/kg) | 13507 |
| Crude fiber (%) | 10 |
| Total phenolic compounds (mg/ GAE g) | 73 |
| Antioxidant Activity (mg/GAE g) | 10 |

## NETTLE KHAJURE FRIED

**Step 1: Composition**

Total content 200g

**Ingredients**

| | |
|---|---|
| Flour | 120 |
| Nettle | 18 |
| Jaggery | 60 |
| Baking soda | 2 |
| Ghee for moyen | 20 |
| Milk | 40 ml |
| Water | 40 ml |

**Step 2: Making of Nettle Snacks Stepwise**

RECIPE-

- Break jaggery into small pieces and soak in water for 2 hours and dissolve well in water.
- Sieve baking soda with flour in mixing bowl.
- Add nettle and mix well.
- Warm ghee lightly to bring to soft / liquid state. Pour over flour and mix well by rubbing with your palms.
- Add the jaggery water and start kneading. Further knead with milk to make bit stiff dough. Keep aside covered for 20 minutes.
- Keep an iron wok or pan over medium flame and add oil for frying.
- Using your fingers knead the dough once again without adding water/milk until you get smooth dough easy enough to roll.
- Apply ghee/oil to the rolling surface and rolling pin. Roll the dough to ¾ cm thickness.
- Using a knife cut the Khajure into diamond shapes. Alternatively you can use cookie cutter to cut into desired shapes or can make pattern using fork.
- Fry well deeply till the khajure change colour.
- Remove from oil and put them in tissue so that excess oil is absorbed.
- When at room temperature store in an airtight container.
- Sweet crispies are healthy snack with tea or coffee

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 9 |
| Mg (mg/kg) | 1104 |
| P (mg/kg) | 1840 |
| K (mg/kg) | 4750 |
| Ca (mg/kg) | 3097 |
| Mn (mg/kg) | 17 |
| Fe (mg/kg) | 78 |
| Na (mg/kg) | 1466 |
| Crude fiber (%) | 16 |
| Total phenolic compounds (mg/ GAE g) | 108 |
| Antioxidant Activity (mg/GAE g) | 10 |

## BUTTERY NETTLE NAMAK PARE

**Step 1: Composition**

Total content 200g

**Ingredients**

| | |
|---|---|
| All- purpose flour | 150 |
| Nettle | 36 |
| Carom seeds | 2 |
| Salt | 5 |
| Baking soda | 4 |
| Baking powder | 3 |

**Other ingredients-**

Water – 60 to 70 ml
Butter – 55 g
Butter for light smearing on namakpareys- 10 g

**Step 2: Making of Nettle Snacks Stepwise**

Recipe-

- Sieve baking baking soda with flour in mixing bowl.
- Crush the carom seeds between your palms and add into flour.
- Also add nettle and mix well.
- Pour oil for moyen over flour and mix well by rubbing with your palms.
- Knead with leuk warm water to make bit stiff dough. Keep aside covered for 20 minutes.
- Using your fingers knead the dough once again without adding water until you get smooth dough easy enough to roll.
- Preheat the oven and meanwhile start rolling the dough.
- Apply light oil to the rolling surface and roll the dough to ½ cm thickness.
- Using a knife cut the namakpare shape. Alternatively you can use cookie cutter to cut into desired shapes or can make pattern using fork.
- Place the pieces on baking tray evenly and apply light melted butter with the help of brush on the top surface.
- Bake at $180^0$ C for 20 min.
- Mineral rich healthy snack is ready to enjoy with tea or coffee or munch when you are hungry.
- Store in an airtight container at room temperature.

**Nutritional Value**

| | |
|---|---|
| Protein (%) | 13 |
| Mg (mg/kg) | 1310 |
| P (mg/kg) | 1485 |
| K (mg/kg) | 5091 |
| Ca (mg/kg) | 7380 |
| Mn (mg/kg) | 16 |
| Fe (mg/kg) | 91 |
| Na (mg/kg) | 9589 |
| Crude fiber (%) | 9 |
| Total phenolic compounds (mg/ GAE g) | 95 |
| Antioxidant Activity (mg/GAE g) | 9 |

## NETTLE SALTS

## Nettle Chat Masala

**Step 1: Composition**

| Total content 50 g | |
|---|---|
| Ingredients | **g** |
| Dry Nettle Leaves | 20 |
| Chat Masala | 19 |
| Pink Salt | 9 |
| Dried Green Chili | 2 |

**Step 2: Making of Nettle Salts**

Mix all Ingredients and grind finely. Store the salt in airtight container. Enjoy fruits with nettle chat masala

**Nutritional Value**

| Metals | Average |
|---|---|
| Protein (%) | 29.99 |
| Mg (mg/kg) | 4060.00 |
| P (mg/kg) | 2794.90 |
| K (mg/kg) | 16392.27 |
| Ca (mg/kg) | 15684.42 |
| Mn (mg/kg) | 45.48 |
| Fe (mg/kg) | 181.45 |
| Na (mg/kg) | 74351.08 |
| Crude fibre (%) | 9.03 |
| Total phenolic compounds (mg/ GAE g) | 112.30 |
| Antioxidant Activity (mg/GAE g) | 45.56 |

## Nettle Garlic Salt

**Step 1: Composition**

| Total content 50 g | |
|---|---|
| Ingredients | **g** |
| Dry Nettle Leaves | 20 |
| Garlic | 10 |
| Salt | 18 |
| Jeera (Cumin) | 1 |
| Dried Green Chili | 1 |

**Step 2: Making of Nettle Salts**

Mix all Ingredients and grind finely. Store the salt in airtight container. Enjoy fruits with nettle chat masala

**Nutritional Value**

| Metals | Average |
|---|---|
| Protein (%) | 12.53 |
| Mg (mg/kg) | 3965.03 |
| P (mg/kg) | 2867.79 |
| K (mg/kg) | 15490.91 |
| Ca (mg/kg) | 14697.60 |
| Mn (mg/kg) | 23.50 |
| Fe (mg/kg) | 197.90 |
| Na (mg/kg) | 120461.66 |
| Crude fibre (%) | 9.02 |
| Total phenolic compounds (mg/ GAE g) | 43.48 |
| Antioxidant Activity (mg/GAE g) | 17.47 |

**Nettle Ginger Salt**

**Step 1: Composition**

Total content 50 g

| Ingredients | **g** |
|---|---|
| Dry Nettle Leaves | 20 |
| Ginger | 10 |
| Salt | 18 |
| Dried Green Chili | 1 |
| Cumin | 1 |

**Step 2: Making of Nettle Salts**

Mix all Ingredients and grind finely. Store the salt in airtight container. Enjoy fruits with nettle chat masala

**Nutritional Value**

| Metals | Average |
|---|---|
| Protein (%) | 14.19 |
| Mg (mg/kg) | 4172.78 |
| P (mg/kg) | 2591.32 |
| K (mg/kg) | 15238.20 |
| Ca (mg/kg) | 14941.39 |
| Mn (mg/kg) | 62.56 |
| Fe (mg/kg) | 136.24 |
| Na (mg/kg) | 132206.73 |
| Crude fibre (%) | 9.21 |
| Total phenolic compounds (mg/ GAE g) | 45.01 |
| Antioxidant Activity (mg/GAE g) | 28.15 |

## Nettle Salt

**Step 1: Composition**

Total content 50 g

| Ingredients | g |
|---|---|
| Dry Nettle Leaves | 25 |
| Chat Masala | 10 |
| Pink Salt | 15 |

**Step 2: Making of Nettle Salts**

Mix all Ingredients and grind finely. Store the salt in airtight container. Enjoy fruits with nettle chat masala

**Nutritional Value**

| Metals | Average |
|---|---|
| Protein (%) | 13.67 |
| Mg (mg/kg) | 4712.95 |
| P (mg/kg) | 3024.00 |
| K (mg/kg) | 15339.22 |
| Ca (mg/kg) | 19019.32 |
| Mn (mg/kg) | 36.12 |
| Fe (mg/kg) | 155.58 |
| Na (mg/kg) | 112514.88 |
| Crude fibre (%) | 9.00 |
| Total phenolic compounds (mg/ GAE g) | 84.65 |
| Antioxidant Activity (mg/GAE g) | 18.80 |