

Indian sweets, calorie count and exercises to burn those calories

NAME OF THE SWEET	CALORIES /100g	CALORIES/PER PIECE EXERCISE TO BURN CALORIES
Gulab Jamun	150	Dancing for 30 minutes at moderate speed
Rasgulla	125	15 minutes of step aerobics
Kaju Katli	58	Running for 3 minutes at the speed of 16 km/h
Burfi	142	Approx. 25 minutes of brisk walking
Mysore Pak	357	38 minutes of swimming (speed of 1.5 km/h)
Kaju Burfi	83	Running for 5 minutes at the speed of 16 km/h
Jalebi	200	Gardening for 30 minutes
Peanut Burfi	81	Running for 5 minutes at the speed of 16 km/h
Milk Cake	224	Jogging for 30 minutes
Khoya and Sooji Ladoo	134	Cycling for 20 minutes at the speed of 20 km/h
Motichur Ladoo	150	Climbing steps for 30 minutes
Chocolate Burfi	141	Ride a bike at moderate speed for 20 minutes
Coconut Burfi	192	Playing badminton for 40 minutes
Coconut & Sooji Ladoo	173	Mowing the lawn for 40 minutes
Besan Ladoo	153	Washing a car for 30 minutes
Til ke Ladoo	80	Ironing clothes for 20 minutes
Rice Kheer	141	Doing rigorous household work for 30 minutes
Gujiya	501	Skipping rope for 40 minutes
Sohan Halwa	399	Playing squash for 35 minutes
Atta Halwa	263	1 hour of painting home or office
Sheera	181	Jogging for 25 minutes
Malpua	325	Playing golf for 1 hour