

Harees” Harees meal (approximately 250g) contains the following nutritional information: Calories: 811  
Fats: 42 Saturated fats: 15 Cholesterol: 90 Carbohydrates: 65 Proteins: 50 – – The nutritional value of  
.the mash depends on the amount of meat used, as well as the amount of animal ghee. Topic above it