

N/A

Chettinad Lilipop Masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Recipe, FSANZ, Open Source

Portion: 01 | Size: 210.75 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	172.28 KCal
Protein:	54.09 g
Carbohydrates:	11.89 g
Fat:	12.77 g

Nutritional Information (per portion)	
Energy:	363.08 KCal
Protein:	114.00 g
Carbohydrates:	25.06 g
Fat:	26.92 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
2		2.50	Chettinad Masala	Label Information, NIN, Open Source, USDA	None	12.27	5.10	2.59	0.57
3		1.25	Curry leaves	NIN		0.79	0.09	0.06	0.01
4		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
5		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		0.25	Cumin Powder	NIN		0.76	0.03	0.00	0.04
7		0.25	Chilli Powder	Open Source		0.70	0.03	0.12	0.04
8		0.25	Coriander Powder	NIN		0.67	0.03	0.03	0.04
9		50.00	Tomato, ripe, local	NIN		9.80	0.45	1.35	0.23
10		125.00	Onion, small	NIN		70.81	2.27	14.47	0.20
11		2.50	Ginger, fresh	NIN		1.37	0.06	0.22	0.02

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



CHARCOAL CHICKEN TIKKA

Data Reference: USDA, FSANZ, Open Source, Label Information, Sub Recipe, NIN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Portion: 01 | Size: 683.5 g/ml

Allergen Ingredients: Nuts, Milk, Mustard

Nutritional Information (per 100g)

Energy:	181.02 KCal
Protein:	14.90 g
Carbohydrates:	2.39 g
Fat:	12.67 g

Nutritional Information (per portion)

Energy:	1237.24 KCal
Protein:	101.87 g
Carbohydrates:	16.35 g
Fat:	86.61 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	White Wine Vinegar	USDA		0.00	0.00	0.00	0.00
2		5.00	Nut, cashew, roasted, no salt added	FSANZ	Nuts	31.43	0.84	1.32	2.56
3		125.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	78.75	6.56	8.80	1.94
4		0.50	Kasoori Methi	Label Information	None	6.67	2.06	1.22	0.11
5		2.50	Chilli Powder	Open Source		7.05	0.34	1.24	0.36
6		2.50	Onion, brown, flesh, fresh, raw	FSANZ		0.69	0.03	0.13	0.00
7		5.00	RED CHILLY PASTE	Sub Recipe		4.87	0.09	0.28	0.31
8		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
9		0.75	Black Salt	NIN		0.00	0.00	0.00	0.00
10		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
11		0.25	CINNAMON /CINNAMON POWDER	USDA		0.62	0.01	0.20	0.00
12		10.00	Oil, mustard	USDA	Mustard	88.40	0.00	0.00	10.00
13		1.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
14		17.50	Ginger and Garlic Paste	NIN		17.01	0.91	2.98	0.06

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
15		8.75	Lemon, flesh, raw	FSANZ		1.19	0.05	0.18	0.03
16		500.00	Chicken, poultry, thigh, skinless	NIN		999.05	90.90	0.00	71.15

Additional Description / Notes:

No additional notes provided.

N/A



Carrot Halwa

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: FSANZ, Sub Recipe, NIN, USDA

Portion: 01 | Size: 575.5 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)	
Energy:	116.40 KCal
Protein:	2.97 g
Carbohydrates:	7.69 g
Fat:	8.34 g

Nutritional Information (per portion)	
Energy:	669.89 KCal
Protein:	17.11 g
Carbohydrates:	44.24 g
Fat:	48.01 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Carrot, flesh, fresh, raw	FSANZ		80.07	1.50	17.00	0.50
2		12.50	MILK MAID	Sub Recipe	Milk	37.75	1.00	7.25	0.50
3		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
4		0.25	CINNAMON /CINNAMON POWDER	USDA		0.62	0.01	0.20	0.00
5		25.00	Khoa	NIN	Milk	78.99	4.08	4.13	5.16
6		12.50	Cashew nut	NIN	Nuts	72.84	2.35	3.18	5.65
7		25.00	GHEE	USDA	Milk	216.75	0.00	0.00	25.00
8		250.00	Milk, whole, Cow	NIN	Milk	182.24	8.15	12.35	11.20

Additional Description / Notes:

No additional notes provided.

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N/A



BUTTER CHICKEN LOLIPOP ROAST CHICKEN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling

Data Reference: Label Information, Open Source, Sub Recipe, NIN, Label Information, Open Source, FSANZ

Portion: 01 | Size: 1258.75 g/ml

Allergen Ingredients: Mustard, Gluten

Nutritional Information (per 100g)

Energy: 1614.54 KCal
Protein: 483.70 g
Carbohydrates: 55.07 g
Fat: 116.44 g

Nutritional Information (per portion)

Energy: 20323.01 KCal
Protein: 6088.51 g
Carbohydrates: 693.18 g
Fat: 1465.63 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1000.00	Chicken Lollipop	Label Information, Open Source	None	19555.56	6000.00	577.78	1444.44
2		75.00	GINGER GARLIC PASTE	Sub Recipe		76.20	3.60	12.83	0.00
3		10.00	Cumin Powder	NIN		30.45	1.39	0.00	1.66
4		10.00	Kitchen King MDH	Label Information	Mustard	0.00	0.00	0.00	0.00
5		10.00	CHAAT MASALA	Open Source		0.00	0.00	0.00	0.00
6		3.75	Kasoori Methi	Label Information	None	50.01	15.42	9.17	0.83
7		5.00	Flour, rice, white, dry	FSANZ		16.97	0.35	3.71	0.06
8		50.00	Flour, corn	FSANZ		174.47	0.30	41.80	0.35
9		12.50	Oil, sunflower	FSANZ		110.54	0.00	0.00	12.50
10		25.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
11		10.00	Degi Mirch Powder	Label Information	None	150.00	62.50	18.75	3.75
12		37.50	Wheat flour, refined	NIN	Gluten	131.93	3.88	27.85	0.29
13		10.00	Coriander Powder	NIN		26.89	1.07	1.30	1.75

Additional Description / Notes:

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No additional notes provided.

N/A



BOMAY FRIED CHICKEN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, Label Information, NIN, FSANZ

Portion: 01 | Size: 775.75 g/ml

Allergen Ingredients: Milk, Mustard, Nuts, Gluten

Nutritional Information (per 100g)	
Energy:	201.65 KCal
Protein:	25.03 g
Carbohydrates:	11.68 g
Fat:	10.84 g

Nutritional Information (per portion)	
Energy:	1564.31 KCal
Protein:	194.17 g
Carbohydrates:	90.64 g
Fat:	84.12 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	RED MARINATION	Sub Recipe	Milk, Mustard, Nuts	59.26	1.10	1.52	5.39
2		12.50	GINGER GARLIC PASTE	Sub Recipe		12.70	0.60	2.14	0.00
3		100.00	Panko Bread Crumb , Luciana	Label Information	Gluten	362.00	11.90	77.70	0.40
4		2.50	Curry leaves	NIN		1.59	0.19	0.11	0.03
5		5.00	Ginger, fresh	NIN		2.75	0.11	0.45	0.04
6		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		125.00	Yoghurt, plain, unsweetened	FSANZ	Milk	91.12	4.63	3.75	6.50
8		2.00	Green Chilli	NIN	None	35.85	84.75	4.97	0.61
9		500.00	Chicken, poultry, thigh, skinless	NIN		999.05	90.90	0.00	71.15

Additional Description / Notes:

No additional notes provided.

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N/A



BIRYANI MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Sub Recipe, USDA, Open Source, FSANZ

Portion: 01 | Size: 1377.25 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	67.32 KCal
Protein:	40.47 g
Carbohydrates:	9.90 g
Fat:	1.64 g

Nutritional Information (per portion)	
Energy:	927.17 KCal
Protein:	557.35 g
Carbohydrates:	136.38 g
Fat:	22.54 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	Mint leaves	NIN		9.26	1.17	0.60	0.16
2		20.00	GINGER GARLIC PASTE	Sub Recipe		20.32	0.96	3.42	0.00
3		2.50	CINNAMON /CINNAMON POWDER	USDA		6.18	0.10	2.02	0.03
4		0.50	Mace	NIN		1.78	0.03	0.13	0.12
5		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
6		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
7		6.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
8		6.25	Chilli Powder	Open Source		17.63	0.84	3.11	0.89
9		3.75	Turmeric powder	NIN		10.52	0.29	1.85	0.19
10		50.00	Coriander leaves	NIN		15.54	1.76	0.96	0.35
11		250.00	Yoghurt, plain, unsweetened	FSANZ	Milk	182.24	9.25	7.50	13.00
12		12.50	Green Chilli	NIN	None	224.07	529.66	31.04	3.81
13		500.00	Tomatoes, grape, raw	USDA		155.00	4.15	27.55	3.15
14		500.00	Onion, small	NIN		283.22	9.10	57.90	0.80

Additional Description / Notes:

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No additional notes provided.

N/A



BHARWAN ALOO MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, USDA

Portion: 01 | Size: 213.24 g/ml

Allergen Ingredients: Nuts, Milk

Nutritional Information (per 100g)	
Energy:	160.07 KCal
Protein:	8.14 g
Carbohydrates:	15.73 g
Fat:	7.07 g

Nutritional Information (per portion)	
Energy:	341.34 KCal
Protein:	17.36 g
Carbohydrates:	33.54 g
Fat:	15.08 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		125.00	Potato, red skin	NIN		91.42	2.29	19.29	0.28
2		5.00	Nut, cashew, roasted, salt added	FSANZ	Nuts	31.43	0.84	1.32	2.56
3		37.50	Panner	NIN	Milk	96.71	7.07	4.65	5.54
4		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		12.50	Cheese, processed, sliced, reduced fat	FSANZ	Milk	26.02	2.81	0.50	1.43
6		25.00	Khoa	NIN	Milk	78.99	4.08	4.13	5.16
7		1.25	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
8		0.25	Turmeric powder	NIN		0.70	0.02	0.12	0.01
9		0.25	fennel seeds	USDA		0.86	0.04	0.13	0.04
10		0.25	Cumin seeds	NIN		0.76	0.03	0.06	0.04
11		5.00	Raisin, seedless	FSANZ		14.46	0.17	3.35	0.03

Additional Description / Notes:

No additional notes provided.

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N/A



Beetrrot chutney

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, FSANZ, NIN, USDA

Portion: 01 | Size: 165.5 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	113.33 KCal
Protein:	28.90 g
Carbohydrates:	7.87 g
Fat:	8.05 g

Nutritional Information (per portion)	
Energy:	187.55 KCal
Protein:	47.84 g
Carbohydrates:	13.02 g
Fat:	13.32 g

Ingredients Summary (per Serving)

Sl		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.50	Degi Mirch Powder	Label Inf ormation	None	7.50	3.13	0.94	0.19
2		125.00	Beetroot, peeled, fresh, raw	FSANZ		34.36	1.75	6.38	0.13
3		0.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		25.00	Onion, small	NIN		14.16	0.46	2.90	0.04
5		1.00	Green Chilli	NIN	None	17.93	42.37	2.48	0.31
6		0.50	Coriander seeds	NIN		1.34	0.05	0.06	0.09
7		12.50	Oil, sunflower	FSANZ		110.54	0.00	0.00	12.50
8		0.50	fennel seeds	USDA		1.73	0.08	0.26	0.07

Additional Description / Notes:

No additional notes provided.

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N/A



Balsamic vinegar

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, FSANZ

Portion: 01 | Size: 255 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	4893.73 KCal
Protein:	5294.17 g
Carbohydrates:	956.18 g
Fat:	0.69 g

Nutritional Information (per portion)	
Energy:	12479.01 KCal
Protein:	13500.13 g
Carbohydrates:	2438.25 g
Fat:	1.75 g

Ingredients Summary (per Serving)

SI		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		67.50	Balasmic Vinegar	Label Information	None	11880.00	13500.00	2295.00	0.00
2		62.50	Sugar, raw	FSANZ		252.45	0.00	62.00	0.00
3		125.00	Cranberry, dried, sweetened	FSANZ		346.56	0.13	81.25	1.75

Additional Description / Notes:

No additional notes provided.

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N/A



BABY POTATO ROAST

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, Open Source, Label Information

Portion: 01 | Size: 296.5 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)	
Energy:	100.19 KCal
Protein:	1.67 g
Carbohydrates:	21.49 g
Fat:	0.51 g

Nutritional Information (per portion)	
Energy:	297.05 KCal
Protein:	4.94 g
Carbohydrates:	63.72 g
Fat:	1.50 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Potato, brown skin, small	NIN		152.37	3.38	32.25	0.55
2		1.25	Coriander Powder	NIN		3.36	0.13	0.16	0.22
3		25.00	Flour, corn	FSANZ		87.24	0.15	20.90	0.17
4		12.50	Flour, rice, white, dry	FSANZ		42.42	0.88	9.29	0.14
5		1.00	Yellow Chili Power	Open Source		4.35	0.14	0.50	0.15
6		1.25	Cumin Powder	NIN		3.81	0.17	0.00	0.21
7		1.50	Kitchen King MDH	Label Information	Mustard	0.00	0.00	0.00	0.00
8		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
9		2.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00

Additional Description / Notes:

No additional notes provided.

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N/A



AWADI KORMA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, Label Information, FSANZ, Open Source

Portion: 01 | Size: 213.25 g/ml

Allergen Ingredients: Nuts, Milk

Nutritional Information (per 100g)	
Energy:	261.72 KCal
Protein:	53.15 g
Carbohydrates:	11.69 g
Fat:	22.24 g

Nutritional Information (per portion)	
Energy:	558.12 KCal
Protein:	113.35 g
Carbohydrates:	24.93 g
Fat:	47.42 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		15.00	Cashew nut	NIN	Nuts	87.40	2.82	3.82	6.78
2		0.25	fennel seeds	USDA		0.86	0.04	0.13	0.04
3		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
4		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
5		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
6		0.25	Kasoori Methi	Label Information	None	3.33	1.03	0.61	0.06
7		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
8		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		0.50	Chilli Powder	Open Source		1.41	0.07	0.25	0.07
10		37.50	Yoghurt, plain, unsweetened	FSANZ	Milk	27.34	1.39	1.13	1.95
11		0.50	Turmeric powder	NIN		1.40	0.04	0.25	0.03
12		37.50	Onion, brown, flesh, fresh, raw	FSANZ		10.31	0.52	1.91	0.04
13		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
14		75.00	Onion, small	NIN		42.48	1.36	8.69	0.12
15		37.50	Oil, sunflower	FSANZ		331.62	0.00	0.00	37.50

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Additional Description / Notes:

No additional notes provided.

N/A



ALOO KULCHA STUFFED MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ, USDA

Portion: 01 | Size: 144.25 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)

Energy: 159.90 KCal
Protein: 75.05 g
Carbohydrates: 18.28 g
Fat: 7.91 g

Nutritional Information (per portion)

Energy: 230.65 KCal
Protein: 108.25 g
Carbohydrates: 26.37 g
Fat: 11.41 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		125.00	Potato, brown skin, big	NIN		87.24	1.93	18.61	0.29
2		1.25	Chilli Powder	Open Source		3.53	0.17	0.62	0.18
3		0.75	Onion, brown, flesh, fresh, raw	FSANZ		0.21	0.01	0.04	0.00
4		10.00	Oil, mustard	USDA	Mustard	88.40	0.00	0.00	10.00
5		0.75	Cumin Powder	NIN		2.28	0.10	0.00	0.12
6		1.25	CHAAT MASALA	Open Source		0.00	0.00	0.00	0.00
7		0.75	Black Salt	NIN		0.00	0.00	0.00	0.00
8		0.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
10		1.25	Spices, ginger, ground	USDA		4.19	0.11	0.90	0.05

Additional Description / Notes:

No additional notes provided.

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N/A



allephy curry

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, NIN, FSANZ

Portion: 01 | Size: 5215 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 146.28 KCal
Protein: 13.64 g
Carbohydrates: 7.07 g
Fat: 12.36 g

Nutritional Information (per portion)

Energy: 7628.47 KCal
Protein: 711.26 g
Carbohydrates: 368.51 g
Fat: 644.80 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		3000.00	Water	Open Source		0.00	0.00	0.00	0.00
2		25.00	Chilli Powder	Open Source		70.50	3.38	12.43	3.58
3		20.00	Turmeric powder	NIN		56.12	1.53	9.84	1.01
4		700.00	COCONUT MILK POWDER	Open Source	Milk	4774.00	49.70	167.30	434.00
5		200.00	Coconut oil	FSANZ		1763.86	0.00	0.00	199.40
6		1000.00	Onion, small	NIN		566.44	18.20	115.80	1.60
7		200.00	Mango, green, raw	NIN		97.99	1.38	21.18	0.16
8		15.00	Green Chilli	NIN	None	268.88	635.59	37.25	4.58
9		5.00	Curry leaves	NIN		3.18	0.37	0.23	0.05
10		50.00	Ginger, fresh	NIN		27.49	1.11	4.49	0.42

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



AKHRUT HARA BARA KEBAB

Data Reference: USDA, FSANZ, NIN, Label Information, Open Source

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Portion: 01 | Size: 1323.25 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 248.60 KCal
Protein: 33.14 g
Carbohydrates: 35.50 g
Fat: 6.53 g

Nutritional Information (per portion)

Energy: 3289.57 KCal
Protein: 438.53 g
Carbohydrates: 469.78 g
Fat: 86.44 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		500.00	Peas Green Split Mature Seeds Raw	USDA		1820.00	115.60	308.15	19.45
2		250.00	Spinach, English, raw	FSANZ		34.06	6.25	0.00	1.00
3		100.00	Potato, brown skin, big	NIN		69.79	1.54	14.89	0.23
4		2.00	Kasoori Methi	Label Information	None	26.67	8.22	4.89	0.44
5		125.00	Beans Black Mature Seeds Raw	USDA		426.25	27.00	77.95	1.77
6		50.00	Roasted Gram Flour	USDA		193.50	11.20	28.90	3.35
7		2.50	Yellow Chili Power	Open Source		10.88	0.35	1.25	0.38
8		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
9		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
10		5.00	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
11		1.25	INDIAN SPICES GARAM MASALA	USDA		1.29	0.06	0.04	0.18
12		6.25	Green Chilli	NIN	None	112.03	264.83	15.52	1.91
13		7.50	Spices, ginger, ground	USDA		25.13	0.67	5.37	0.32
14		62.50	Onion, small	NIN		35.40	1.14	7.24	0.10

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
15		18.75	Oil, sunflower	FSANZ		165.81	0.00	0.00	18.75
16		37.50	GHEE	USDA	Milk	325.13	0.00	0.00	37.50
17		75.00	Cauliflower, fresh, raw	FSANZ		11.11	0.60	1.42	0.30
18		75.00	Carrot, orange	NIN		24.92	0.71	4.16	0.35

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



AFGHANI MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, FSANZ, NIN, USDA

Portion: 01 | Size: 176.25 g/ml

Allergen Ingredients: Milk, Mustard, Nuts

Nutritional Information (per 100g)	
Energy:	172.67 KCal
Protein:	18.03 g
Carbohydrates:	6.40 g
Fat:	13.55 g

Nutritional Information (per portion)	
Energy:	304.32 KCal
Protein:	31.78 g
Carbohydrates:	11.28 g
Fat:	23.88 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		7.50	Fresh Cream	Open Source	Milk	18.45	0.15	0.22	1.88
2		7.50	Cheese, cream, reduced fat 16%, Country Goodness	FSANZ	Milk	19.00	0.79	1.18	1.25
3		125.00	Yoghurt, plain, unsweetened	FSANZ	Milk	91.12	4.63	3.75	6.50
4		0.75	Cumin Powder	NIN		2.28	0.10	0.00	0.12
5		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
7		1.25	Oil, mustard	USDA	Mustard	11.05	0.00	0.00	1.25
8		0.50	Green Chilli	NIN	None	8.96	21.19	1.24	0.15
9		1.25	Ginger, fresh	NIN		0.69	0.03	0.11	0.01
10		5.00	Coriander, leaves & stem, fresh, raw	FSANZ		0.93	0.15	0.03	0.02
11		10.00	Almond	NIN	Nuts	60.92	1.84	0.30	5.85
12		15.00	Cashew nut	NIN	Nuts	87.40	2.82	3.82	6.78

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ



Achari mushroom stuffing masala

Portion: 01 | Size: 291.5 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	60.20 KCal
Protein:	3.25 g
Carbohydrates:	1.25 g
Fat:	4.71 g

Nutritional Information (per portion)	
Energy:	175.49 KCal
Protein:	9.48 g
Carbohydrates:	3.63 g
Fat:	13.73 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
2		1.25	Garlic, cloves, raw, peeled	FSANZ		0.99	0.10	0.13	0.01
3		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
5		0.25	Turmeric powder	NIN		0.70	0.02	0.12	0.01
6		25.00	Onion, small	NIN		14.16	0.46	2.90	0.04
7		0.50	Cumin seeds	NIN		1.52	0.07	0.11	0.08
8		12.50	Oil, sunflower	FSANZ		110.54	0.00	0.00	12.50
9		250.00	Mushroom, button, white or brown, fresh, raw	FSANZ		45.41	8.75	0.25	1.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



Achari Masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, FSANZ, Open Source

Portion: 01 | Size: 328.5 g/ml

Allergen Ingredients: Mustard, Milk

Nutritional Information (per 100g)	
Energy:	117.69 KCal
Protein:	4.46 g
Carbohydrates:	7.91 g
Fat:	7.70 g

Nutritional Information (per portion)	
Energy:	386.63 KCal
Protein:	14.65 g
Carbohydrates:	25.97 g
Fat:	25.28 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Cumin seeds	NIN		0.76	0.03	0.06	0.04
2		0.25	fennel seeds	USDA		0.86	0.04	0.13	0.04
3		0.25	Fenugreek seeds	NIN		0.59	0.06	0.03	0.01
4		0.25	Mustard seeds	NIN	Mustard	1.27	0.05	0.04	0.10
5		43.75	Onion, pickled	FSANZ		24.78	0.22	5.69	0.09
6		20.00	Oil, mustard	USDA	Mustard	176.80	0.00	0.00	20.00
7		0.75	INDIAN SPICES GARAM MASALA	USDA		0.77	0.04	0.02	0.10
8		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
9		2.50	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
10		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
11		2.00	Turmeric powder	NIN		5.61	0.15	0.98	0.10
12		250.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	157.50	13.13	17.60	3.88
13		0.25	AMAZING HERBS, BLACK CUMIN SEED	USDA		1.25	0.05	0.10	0.10
14		0.75	Fenugreek seeds	NIN		1.76	0.19	0.08	0.04
15		2.50	Chilli Powder	Open Source		7.05	0.34	1.24	0.36

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



Kothu Paratha Salna

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, FSANZ, Open Source

Portion: 01 | Size: 253.75 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	305.38 KCal
Protein:	95.46 g
Carbohydrates:	14.02 g
Fat:	25.35 g

Nutritional Information (per portion)	
Energy:	774.91 KCal
Protein:	242.22 g
Carbohydrates:	35.56 g
Fat:	64.33 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
2		1.25	fennel seeds	USDA		4.31	0.20	0.65	0.19
3		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
4		1.25	Cumin Powder	NIN		3.81	0.17	0.00	0.21
5		1.25	Coriander Powder	NIN		3.36	0.13	0.16	0.22
6		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		1.25	Chilli Powder	Open Source		3.53	0.17	0.62	0.18
8		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
9		25.00	Coconut oil	FSANZ		220.48	0.00	0.00	24.93
10		2.50	Black Pepper	NIN	None	53.73	24.70	8.95	0.68
11		1.25	Curry leaves	NIN		0.79	0.09	0.06	0.01
12		50.00	Tomato, ripe, local	NIN		9.80	0.45	1.35	0.23
13		62.50	Onion, small	NIN		35.40	1.14	7.24	0.10
14		100.00	Coconut, flesh, raw	FSANZ		346.56	3.20	3.50	36.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



kesar kulfi

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 270.5 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy:	97.76 KCal
Protein:	3.03 g
Carbohydrates:	12.00 g
Fat:	4.15 g

Nutritional Information (per portion)

Energy:	264.44 KCal
Protein:	8.20 g
Carbohydrates:	32.47 g
Fat:	11.22 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
2		0.25	Saffron	Open Source		0.78	0.03	0.16	0.01
3		20.00	Sugar, raw	FSANZ		80.78	0.00	19.84	0.00
4		250.00	Milk, whole, Cow	NIN	Milk	182.24	8.15	12.35	11.20

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



kerala mutton pepper roast

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, Open Source, FSANZ, Sub Recipe

Portion: 01 | Size: 449.75 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 106.56 KCal
Protein: 24.43 g
Carbohydrates: 5.47 g
Fat: 8.79 g

Nutritional Information (per portion)

Energy: 479.27 KCal
Protein: 109.86 g
Carbohydrates: 24.60 g
Fat: 39.52 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	fennel seeds	USDA		4.31	0.20	0.65	0.19
2		100.00	Onion, small	NIN		56.64	1.82	11.58	0.16
3		212.50	Water	Open Source		0.00	0.00	0.00	0.00
4		1.25	Black Pepper Powder	NIN		2.72	0.13	0.45	0.03
5		0.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		0.25	Cumin Powder	NIN		0.76	0.03	0.00	0.04
7		1.25	Coriander Powder	NIN		3.36	0.13	0.16	0.22
8		1.25	Chilli Powder	Open Source		3.53	0.17	0.62	0.18
9		12.50	GINGER GARLIC PASTE	Sub Recipe		12.70	0.60	2.14	0.00
10		2.50	Ginger, fresh	NIN		1.37	0.06	0.22	0.02
11		0.25	Turmeric powder	NIN		0.70	0.02	0.12	0.01
12		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
13		0.75	Curry leaves	NIN		0.48	0.06	0.03	0.01
14		0.50	Bay Leaf	Open Source		1.56	0.04	0.38	0.04
15		37.50	Oil, sunflower	FSANZ		331.62	0.00	0.00	37.50
16		75.00	Tomato, ripe, local	NIN		14.70	0.68	2.03	0.35

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



kerala mutton pepper roast

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, NIN, USDA, Open Source, FSANZ

Portion: 01 | Size: 750.02 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 104.53 KCal
Protein: 24.33 g
Carbohydrates: 5.10 g
Fat: 8.77 g

Nutritional Information (per portion)

Energy: 784.01 KCal
Protein: 182.49 g
Carbohydrates: 38.27 g
Fat: 65.76 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		50.00	GINGER GARLIC PASTE	Sub Recipe		50.80	2.40	8.55	0.00
2		400.00	Onion, big	NIN		192.16	6.00	38.24	0.96
3		5.00	fennel seeds	USDA		17.25	0.79	2.62	0.75
4		850.00	Water	Open Source		0.00	0.00	0.00	0.00
5		5.00	Black Pepper Powder	NIN		10.87	0.51	1.81	0.14
6		2.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		1.00	Cumin Powder	NIN		3.04	0.14	0.00	0.17
8		5.00	Coriander Powder	NIN		13.44	0.53	0.65	0.87
9		5.00	Chilli Powder	Open Source		14.10	0.68	2.49	0.72
10		10.00	Ginger, fresh	NIN		5.50	0.22	0.90	0.09
11		1.00	Turmeric powder	NIN		2.81	0.08	0.49	0.05
12		10.00	Green Chilli	NIN	None	179.25	423.73	24.83	3.05
13		3.00	Curry leaves	NIN		1.91	0.22	0.14	0.03
14		2.00	Bay Leaf	Open Source		6.26	0.15	1.50	0.17
15		150.00	Oil, sunflower	FSANZ		1326.48	0.00	0.00	150.00
16		300.00	Tomato, ripe, hybrid	NIN		56.64	2.28	9.60	0.75

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

N/A



kebab masala powder

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, Label Information, FSANZ, USDA

Portion: 01 | Size: 59.25 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 234.38 KCal
Protein: 19.38 g
Carbohydrates: 47.49 g
Fat: 3.25 g

Nutritional Information (per portion)

Energy: 138.87 KCal
Protein: 11.48 g
Carbohydrates: 28.14 g
Fat: 1.93 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	Cardamom, green	NIN		3.19	0.10	0.60	0.03
2		3.75	Chilli Powder	Open Source		10.57	0.51	1.86	0.54
3		2.50	Kasoori Methi	Label Information	None	33.34	10.28	6.11	0.56
4		7.50	Sugar, raw	FSANZ		30.29	0.00	7.44	0.00
5		1.75	Yellow Chili Power	Open Source		7.61	0.25	0.88	0.26
6		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
7		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
8		12.50	amchoor powder	Open Source		46.25	0.00	11.25	0.13
9		25.00	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



KACCHE AAM KI MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, FSANZ, NIN, USDA

Portion: 01 | Size: 198 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)

Energy: 385.97 KCal
Protein: 536.31 g
Carbohydrates: 57.51 g
Fat: 9.16 g

Nutritional Information (per portion)

Energy: 764.23 KCal
Protein: 1061.90 g
Carbohydrates: 113.87 g
Fat: 18.14 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		47.50	Mango Syrup Mathieu Teisseire	Label Information		160.07	0.00	38.95	0.00
2		25.00	Coriander, leaves & stem, fresh, raw	FSANZ		4.66	0.75	0.17	0.10
3		25.00	Green Chilli	NIN	None	448.14	1059.32	62.08	7.63
4		5.00	Spices, ginger, ground	USDA		16.75	0.45	3.58	0.21
5		10.00	Garlic, cloves, raw, peeled	FSANZ		7.93	0.79	1.03	0.06
6		0.50	Cumin seeds	NIN		1.52	0.07	0.11	0.08
7		10.00	Oil, mustard	USDA	Mustard	88.40	0.00	0.00	10.00
8		75.00	Mango, green, raw	NIN		36.75	0.52	7.94	0.06

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



KACCHA AAM TIKKA MASALA

Data Reference: FSANZ, NIN, Label Information, USDA, Open Source, Recipe

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling

Portion: 01 | Size: 222.75 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 64.89 KCal
Protein: 3.52 g
Carbohydrates: 6.21 g
Fat: 3.14 g

Nutritional Information (per portion)

Energy: 144.53 KCal
Protein: 7.85 g
Carbohydrates: 13.84 g
Fat: 6.98 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		22.50	Spinach, English, raw	FSANZ		3.07	0.56	0.00	0.09
2		62.50	Mango, green, raw	NIN		30.62	0.43	6.62	0.05
3		125.00	Yoghurt, plain, unsweetened	FSANZ	Milk	91.12	4.63	3.75	6.50
4		0.50	Kasoori Methi	Label Information	None	6.67	2.06	1.22	0.11
5		1.50	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
6		2.50	amchoor powder	Open Source		9.25	0.00	2.25	0.03
7		0.75				0.00	0.00	0.00	0.00
8		1.25	Cumin Powder	NIN		3.81	0.17	0.00	0.21
9		1.25	Black Salt	NIN		0.00	0.00	0.00	0.00
10		5.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



Honey yougurht

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, Label Information

Portion: 01 | Size: 33.5 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy:	103.19 KCal
Protein:	3.01 g
Carbohydrates:	13.27 g
Fat:	4.10 g

Nutritional Information (per portion)

Energy:	34.57 KCal
Protein:	1.01 g
Carbohydrates:	4.44 g
Fat:	1.37 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Cumin Powder	NIN		0.76	0.03	0.00	0.04
2		25.00	Yoghurt, plain, unsweetened	FSANZ	Milk	18.22	0.93	0.75	1.30
3		5.00	Honey, multifloral	FSANZ		14.58	0.01	3.53	0.02
4		0.25	Rose Petal	Label Information		0.00	0.00	0.00	0.00
5		2.50	Carrot, red	NIN		0.96	0.03	0.17	0.01
6		0.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		0.25	Coriander, leaves & stem, fresh, raw	FSANZ		0.05	0.01	0.00	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



HARIYALI MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ, USDA

Portion: 01 | Size: 432 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)	
Energy:	212.58 KCal
Protein:	249.55 g
Carbohydrates:	19.39 g
Fat:	9.69 g

Nutritional Information (per portion)	
Energy:	918.36 KCal
Protein:	1078.05 g
Carbohydrates:	83.78 g
Fat:	41.87 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		62.50	Spinach	NIN		15.24	1.34	1.28	0.40
2		1.25	Fenugreek leaves	NIN		0.43	0.05	0.03	0.01
3		250.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	157.50	13.13	17.60	3.88
4		6.25	Lemon, flesh, raw	FSANZ		0.85	0.04	0.13	0.02
5		5.00	Cashew nut	NIN	Nuts	29.13	0.94	1.27	2.26
6		5.00	Cheese, processed	FSANZ	Milk	16.85	1.06	0.03	1.41
7		2.50	Coriander Powder	NIN		6.72	0.27	0.32	0.44
8		1.00	CHAAT MASALA	Open Source		0.00	0.00	0.00	0.00
9		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
10		1.00	INDIAN SPICES GARAM MASALA	USDA		1.03	0.05	0.03	0.14
11		1.75	Cumin Powder	NIN		5.33	0.24	0.00	0.29
12		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
13		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
14		0.75	Cumin Powder	NIN		2.28	0.10	0.00	0.12
15		2.50	Ginger, fresh	NIN		1.37	0.06	0.22	0.02
16		25.00	Green Chilli	NIN	None	448.14	1059.32	62.08	7.63
17		25.00	Coriander leaves	NIN		7.77	0.88	0.48	0.17

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
18		12.50	Mint leaves	NIN		4.63	0.58	0.30	0.08

Additional Description / Notes:

No additional notes provided.

N/A



Gulab Jamun

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 1553 g/ml

Allergen Ingredients: Gluten, Milk

Nutritional Information (per 100g)

Energy: 408.16 KCal
Protein: 3.21 g
Carbohydrates: 54.77 g
Fat: 19.46 g

Nutritional Information (per portion)

Energy: 6338.66 KCal
Protein: 49.91 g
Carbohydrates: 850.51 g
Fat: 302.21 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		87.50	Wheat flour, refined	NIN	Gluten	307.83	9.06	64.99	0.67
2		200.00	Water	Open Source		0.00	0.00	0.00	0.00
3		750.00	Sugar, raw	FSANZ		3029.40	0.00	744.00	0.00
4		250.00	Oil, sunflower	FSANZ		2210.81	0.00	0.00	250.00
5		15.00	Water	Open Source		0.00	0.00	0.00	0.00
6		0.50	soda	Open Source		0.70	0.00	0.20	0.00
7		250.00	Khoa	NIN	Milk	789.91	40.85	41.33	51.55

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



GINGER & GARLIC PASTE

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, USDA

Portion: 01 | Size: 675 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 90.82 KCal
Protein: 3.06 g
Carbohydrates: 10.12 g
Fat: 3.95 g

Nutritional Information (per portion)

Energy: 613.05 KCal
Protein: 20.63 g
Carbohydrates: 68.28 g
Fat: 26.67 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		150.00	Ginger, fresh	NIN		82.46	3.33	13.46	1.27
2		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
3		250.00	Bottled Water	USDA		0.00	0.00	0.00	0.00
4		250.00	Garlic, big clove	NIN		309.51	17.30	54.83	0.40

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



ghee roast masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ, USDA

Portion: 01 | Size: 1981 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	201.39 KCal
Protein:	23.30 g
Carbohydrates:	10.07 g
Fat:	16.93 g

Nutritional Information (per portion)	
Energy:	3989.53 KCal
Protein:	461.66 g
Carbohydrates:	199.45 g
Fat:	335.33 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		500.00	Tomato, ripe, hybrid	NIN		94.41	3.80	16.00	1.25
2		1000.00	Onion, big	NIN		480.40	15.00	95.60	2.40
3		200.00	COCONUT MILK POWDER	Open Source	Milk	1364.00	14.20	47.80	124.00
4		15.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		5.00	Black Pepper Powder	NIN		10.87	0.51	1.81	0.14
6		11.00	Chilli Powder	Open Source		31.02	1.49	5.47	1.57
7		5.00	Turmeric powder	NIN		14.03	0.38	2.46	0.25
8		10.00	Coriander Powder	NIN		26.89	1.07	1.30	1.75
9		50.00	GHEE	USDA	Milk	433.50	0.00	0.00	50.00
10		150.00	Oil, sunflower	FSANZ		1326.48	0.00	0.00	150.00
11		5.00	Curry leaves	NIN		3.18	0.37	0.23	0.05
12		10.00	Green Chilli	NIN	None	179.25	423.73	24.83	3.05
13		5.00	fennel seeds	USDA		17.25	0.79	2.62	0.75
14		15.00	Ginger, fresh	NIN		8.25	0.33	1.35	0.13

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



GAULOTI MASALA POWDER

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, Open Source, Label Information

Portion: 01 | Size: 56.5 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 253.21 KCal
Protein: 7.53 g
Carbohydrates: 45.84 g
Fat: 8.35 g

Nutritional Information (per portion)

Energy: 143.06 KCal
Protein: 4.25 g
Carbohydrates: 25.90 g
Fat: 4.72 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		7.50	Coriander seeds	NIN		20.17	0.80	0.97	1.31
2		5.00	Chillies, red	NIN		11.83	0.63	1.47	0.32
3		15.00	CINNAMON /CINNAMON POWDER	USDA		37.05	0.60	12.09	0.19
4		1.50	Nutmeg	NIN		6.96	0.09	0.41	0.55
5		5.00	fennel seeds	USDA		17.25	0.79	2.62	0.75
6		5.00	Bay Leaf	Open Source		15.65	0.38	3.75	0.42
7		5.00	Cloves	NIN		9.33	0.29	0.94	0.42
8		2.50	Mace	NIN		8.89	0.16	0.66	0.61
9		3.75	Rose Petal	Label Information		0.00	0.00	0.00	0.00
10		6.25	Cardamom, green	NIN		15.94	0.51	2.98	0.16

Additional Description / Notes:

No additional notes provided.

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N/A



GAULOTI KEBAB

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, Open Source, FSANZ, Label Information, None

Portion: 01 | Size: 1294.75 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)

Energy: 330.69 KCal
Protein: 21.53 g
Carbohydrates: 5.78 g
Fat: 27.86 g

Nutritional Information (per portion)

Energy: 4281.58 KCal
Protein: 278.75 g
Carbohydrates: 74.78 g
Fat: 360.67 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		225.00	Mutton fat	USDA		2025.00	0.00	0.00	225.00
2		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
3		17.50	Chilli Powder	Open Source		49.35	2.36	8.70	2.50
4		1.25	Cardamom, green	NIN		3.19	0.10	0.60	0.03
5		0.25	Cloves	NIN		0.47	0.01	0.05	0.02
6		0.25	Saffron	Open Source		0.78	0.03	0.16	0.01
7		37.50	GHEE	USDA	Milk	325.13	0.00	0.00	37.50
8		50.00	Roasted Gram Flour	USDA		193.50	11.20	28.90	3.35
9		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
10		10.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
11		12.50	Cashew nut	NIN	Nuts	72.84	2.35	3.18	5.65
12		50.00	ROSE WATER	USDA		0.00	0.00	0.00	0.00
13		15.00	Nut, pistachio, raw	FSANZ	Nuts	89.27	3.09	1.16	8.16
14		25.00	Almond	NIN	Nuts	152.31	4.60	0.76	14.62
15		1.25	CINNAMON /CINNAMON POWDER	USDA		3.09	0.05	1.01	0.02
16		5.00	Rose Petal	Label Information		0.00	0.00	0.00	0.00

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
17		25.00	Ginger and Garlic Paste	NIN		24.30	1.30	4.25	0.08
18		62.50	Onion, brown, flesh, fresh, raw	FSANZ		17.18	0.88	3.19	0.06
19		750.00	Goat, legs	NIN		1199.21	165.53	0.00	59.55
20		3.75	Galouti Masala Powder	None	None	124.71	87.21	22.59	4.10

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



GARLIC NAAN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 399 g/ml

Allergen Ingredients: Gluten, Egg, Milk

Nutritional Information (per 100g)

Energy: 245.38 KCal
Protein: 7.06 g
Carbohydrates: 47.83 g
Fat: 2.44 g

Nutritional Information (per portion)

Energy: 979.08 KCal
Protein: 28.16 g
Carbohydrates: 190.82 g
Fat: 9.74 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Wheat flour, refined	NIN	Gluten	879.52	25.90	185.67	1.90
2		0.75	Coriander leaves	NIN		0.23	0.03	0.01	0.01
3		2.50	Garlic, small clove	NIN		3.07	0.17	0.55	0.00
4		75.00	Water	Open Source		0.00	0.00	0.00	0.00
5		0.25	Egg, quail, whole, raw	NIN	Egg	0.38	0.03	0.00	0.03
6		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00
7		1.50	Sugar, white	FSANZ		6.09	0.00	1.50	0.00
8		1.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		62.50	Milk, whole, Cow	NIN	Milk	45.56	2.04	3.09	2.80

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



GARAM MASALA POWDER

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, Label Information, Open Source

Portion: 01 | Size: 142 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 433.03 KCal
Protein: 95.19 g
Carbohydrates: 67.89 g
Fat: 10.44 g

Nutritional Information (per portion)

Energy: 614.91 KCal
Protein: 135.17 g
Carbohydrates: 96.41 g
Fat: 14.82 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	Cumin seeds	NIN		7.61	0.35	0.57	0.42
2		12.50	Chillies, red	NIN		29.58	1.59	3.68	0.80
3		25.00	CINNAMON /CINNAMON POWDER	USDA		61.75	1.00	20.15	0.31
4		12.50	Black Pepper	NIN	None	268.65	123.52	44.74	3.38
5		3.75	Rose Petal	Label Information		0.00	0.00	0.00	0.00
6		12.50	fennel seeds	USDA		43.13	1.98	6.54	1.86
7		1.25	Stone Flower	Open Source		0.00	0.00	0.00	0.00
8		25.00	Cumin Powder	NIN		76.12	3.48	0.00	4.16
9		5.00	star anise spice	USDA		16.85	0.88	2.50	0.80
10		5.00	Bay Leaf	Open Source		15.65	0.38	3.75	0.42
11		1.50	Nutmeg	NIN		6.96	0.09	0.41	0.55
12		3.75	Mace	NIN		13.34	0.23	0.99	0.92
13		7.50	Cloves	NIN		14.00	0.44	1.40	0.63
14		5.00	Cardamom, black	NIN		13.53	0.33	2.63	0.14
15		20.00	Cardamom, green	NIN		51.00	1.62	9.55	0.52

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for informational purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



DAL MAKHANI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, USDA, FSANZ, NIN, Open Source

Portion: 01 | Size: 797.5 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	319.27 KCal
Protein:	18.29 g
Carbohydrates:	43.76 g
Fat:	7.24 g

Nutritional Information (per portion)	
Energy:	2546.15 KCal
Protein:	145.85 g
Carbohydrates:	348.98 g
Fat:	57.75 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		100.00	GINGER GARLIC PASTE	Sub Recipe		101.60	4.80	17.10	0.00
2		100.00	Chickpeas/ KABULI(garbanzo beans, bengal gram), mature seeds, raw	USDA		378.00	20.50	63.00	6.04
3		1.25	CINNAMON /CINNAMON POWDER	USDA		3.09	0.05	1.01	0.02
4		20.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		12.50	Cumin Powder	NIN		38.06	1.74	0.00	2.08
6		25.00	Chilli Powder	Open Source		70.50	3.38	12.43	3.58
7		37.50	Oil, sunflower	FSANZ		331.62	0.00	0.00	37.50
8		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
9		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
10		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
11		500.00	Black gram, dal	NIN		1620.46	115.30	255.00	8.45

Additional Description / Notes:

No additional notes provided.
Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



DAKSHINI MASALA POWDER

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ, USDA

Portion: 01 | Size: 290.75 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 413.50 KCal
Protein: 60.94 g
Carbohydrates: 59.20 g
Fat: 9.04 g

Nutritional Information (per portion)

Energy: 1202.26 KCal
Protein: 177.19 g
Carbohydrates: 172.13 g
Fat: 26.27 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		12.50	Curry leaves	NIN		7.95	0.93	0.56	0.13
2		12.50	Cumin seeds	NIN		38.06	1.74	2.83	2.08
3		12.50	Black Pepper	NIN	None	268.65	123.52	44.74	3.38
4		2.50	Bay Leaf	Open Source		7.83	0.19	1.88	0.21
5		25.00	Coconut, desiccated	FSANZ		148.78	1.40	1.52	15.50
6		5.00	Cardamom, green	NIN		12.75	0.41	2.39	0.13
7		5.00	fennel seeds	USDA		17.25	0.79	2.62	0.75
8		0.75	Mace	NIN		2.67	0.05	0.20	0.18
9		1.25	Stone Flower	Open Source		0.00	0.00	0.00	0.00
10		1.25	Cloves	NIN		2.33	0.07	0.23	0.11
11		50.00	Green gram, dal	NIN		162.88	11.94	26.30	0.68
12		50.00	Urad Dal	NIN		175.00	12.00	30.00	1.00
13		50.00	Green gram, dal	NIN		162.88	11.94	26.30	0.68
14		50.00	Red gram, dal	NIN		165.39	10.85	27.61	0.78
15		2.50	CINNAMON /CINNAMON POWDER	USDA		6.18	0.10	2.02	0.03
16		10.00	Chillies, red	NIN		23.66	1.27	2.95	0.64

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A

DAKSHINI masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, USDA, FSANZ, Recipe

Portion: 01 | Size: 159.5 g/ml

Allergen Ingredients: Milk, Mustard

Nutritional Information (per 100g)	
Energy:	147.53 KCal
Protein:	9.31 g
Carbohydrates:	11.73 g
Fat:	8.58 g

Nutritional Information (per portion)	
Energy:	235.31 KCal
Protein:	14.84 g
Carbohydrates:	18.72 g
Fat:	13.68 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.75	Curry leaves	NIN		0.48	0.06	0.03	0.01
2		2.50	Chilli Powder	Open Source		7.05	0.34	1.24	0.36
3		125.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	78.75	6.56	8.80	1.94
4		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
5		10.00	Oil, mustard	USDA	Mustard	88.40	0.00	0.00	10.00
6		2.50	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
7		1.25	Yellow Chili Power	Open Source		5.44	0.18	0.63	0.19
8		1.25	Black Salt	NIN		0.00	0.00	0.00	0.00
9		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
10		12.50	DAKSHINI MASALA POWDER	NIN, Open Source, FSANZ, USDA	None	51.69	7.62	7.40	1.13

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A

DAHI KEBAB

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, Open Source, FSANZ

Portion: 01 | Size: 527.25 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	266.04 KCal
Protein:	32.98 g
Carbohydrates:	23.66 g
Fat:	13.11 g

Nutritional Information (per portion)	
Energy:	1402.69 KCal
Protein:	173.89 g
Carbohydrates:	124.73 g
Fat:	69.12 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	pepper white	USDA		7.40	0.26	1.71	0.05
2		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
3		125.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	78.75	6.56	8.80	1.94
4		0.50	Black Salt	NIN		0.00	0.00	0.00	0.00
5		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		25.00	GHEE	USDA	Milk	216.75	0.00	0.00	25.00
7		60.00	Roasted Gram Flour	USDA		232.20	13.44	34.68	4.01
8		50.00	Flour, corn	FSANZ		174.47	0.30	41.80	0.35
9		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
10		5.00	Coriander, leaves & stem, fresh, raw	FSANZ		0.93	0.15	0.03	0.02
11		2.50	Ginger, fresh	NIN		1.37	0.06	0.22	0.02
12		250.00	Panner	NIN	Milk	644.72	47.15	31.02	36.95

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



DAHI AUR PANEER KI CUTLET

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, Open Source, FSANZ, NIN

Portion: 01 | Size: 526.25 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy:	266.30 KCal
Protein:	33.04 g
Carbohydrates:	23.66 g
Fat:	13.13 g

Nutritional Information (per portion)

Energy:	1401.41 KCal
Protein:	173.85 g
Carbohydrates:	124.49 g
Fat:	69.11 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	pepper white	USDA		7.40	0.26	1.71	0.05
2		125.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	78.75	6.56	8.80	1.94
3		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		25.00	GHEE	USDA	Milk	216.75	0.00	0.00	25.00
5		60.00	Roasted Gram Flour	USDA		232.20	13.44	34.68	4.01
6		50.00	Flour, corn	FSANZ		174.47	0.30	41.80	0.35
7		2.50	Green Chilli	NIN	None	44.81	105.93	6.21	0.76
8		5.00	Coriander, leaves & stem, fresh, raw	FSANZ		0.93	0.15	0.03	0.02
9		2.50	Ginger, fresh	NIN		1.37	0.06	0.22	0.02
10		250.00	Panner	NIN	Milk	644.72	47.15	31.02	36.95

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



cream dressing for nachus salad

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: FSANZ, Open Source, NIN, USDA

Portion: 01 | Size: 32.25 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 301.75 KCal
Protein: 17.60 g
Carbohydrates: 8.69 g
Fat: 27.71 g

Nutritional Information (per portion)

Energy: 97.31 KCal
Protein: 5.68 g
Carbohydrates: 2.80 g
Fat: 8.94 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	Oil, olive	FSANZ		22.05	0.00	0.01	2.49
2		25.00	Fresh Cream	Open Source	Milk	61.50	0.50	0.75	6.25
3		0.25	Cumin Powder	NIN		0.76	0.03	0.00	0.04
4		0.25	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
5		0.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		0.50	Black Pepper	NIN	None	10.75	4.94	1.79	0.14
7		0.75	Lemon, juice	NIN		0.27	0.00	0.00	0.01
8		2.50	Garlic, cloves, raw, peeled	FSANZ		1.98	0.20	0.26	0.01

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



CHINESE CHILLI SAUCE

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: None, Open Source, FSANZ, NIN, Label Information, USDA

Portion: 01 | Size: 1308.75 g/ml

Allergen Ingredients: Milk, Mustard, Soya, Gluten, NA

Nutritional Information (per 100g)

Energy:	112.55 KCal
Protein:	67.99 g
Carbohydrates:	20.88 g
Fat:	1.20 g

Nutritional Information (per portion)

Energy:	1473.06 KCal
Protein:	889.88 g
Carbohydrates:	273.21 g
Fat:	15.71 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	Veg Aromat	None	Milk, Mustard, Soya	226.56	78.13	50.60	2.34
2		25.00	Chilli Powder	Open Source		70.50	3.38	12.43	3.58
3		500.00	Water	Open Source		0.00	0.00	0.00	0.00
4		25.00	Flour, corn	FSANZ		87.24	0.15	20.90	0.17
5		10.00	Spring onion, bulb and stalk, fresh, raw	FSANZ		2.10	0.19	0.28	0.02
6		10.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		12.50	Green Chilli	NIN	None	224.07	529.66	31.04	3.81
8		25.00	Chilli Pickles	Label Information	Mustard	63.00	0.75	6.00	4.00
9		25.00	SOY SAUCE	Label Information	Gluten, Soya	450.52	260.42	87.76	0.00
10		25.00	Coriander, leaves & stem, fresh, raw	FSANZ		4.66	0.75	0.17	0.10
11		125.00	TOMATO SAUCE	USDA	NA	31.25	2.05	6.15	0.00
12		75.00	Ginger, fresh	NIN		41.23	1.67	6.73	0.64
13		75.00	Garlic, cloves, raw, peeled	FSANZ		59.51	5.93	7.73	0.45
14		375.00	Onion, small	NIN		212.42	6.83	43.42	0.60

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

N/A

Chettinad Masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, NIN, Open Source, USDA

Portion: 01 | Size: 14 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	490.82 KCal
Protein:	203.99 g
Carbohydrates:	103.46 g
Fat:	22.60 g

Nutritional Information (per portion)	
Energy:	68.71 KCal
Protein:	28.56 g
Carbohydrates:	14.48 g
Fat:	3.16 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	Marathi Mug	Label Information	None	1.88	7.81	3.98	1.72
2		1.25	Cardamom, green	NIN		3.19	0.10	0.60	0.03
3		0.50	Bay Leaf	Open Source		1.56	0.04	0.38	0.04
4		1.25	fennel seeds	USDA		4.31	0.20	0.65	0.19
5		2.00	Black Pepper	NIN	None	42.98	19.76	7.16	0.54
6		0.75	Mace	NIN		2.67	0.05	0.20	0.18
7		0.50	star anise spice	USDA		1.69	0.09	0.25	0.08
8		2.50	Curry leaves	NIN		1.59	0.19	0.11	0.03
9		0.50	Cardamom, black	NIN		1.35	0.03	0.26	0.01
10		1.75	Cumin seeds	NIN		5.33	0.24	0.40	0.29
11		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
12		0.50	CINNAMON /CINNAMON POWDER	USDA		1.24	0.02	0.40	0.01
13		0.75	Stone Flower Bliss of Earth	Label Information		0.00	0.00	0.00	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



RASBHARI KOFTA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ

Portion: 01 | Size: 374.25 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)

Energy:	241.30 KCal
Protein:	15.19 g
Carbohydrates:	17.10 g
Fat:	12.42 g

Nutritional Information (per portion)

Energy:	903.06 KCal
Protein:	56.85 g
Carbohydrates:	63.98 g
Fat:	46.48 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		50.00	Potato, brown skin, big	NIN		34.89	0.77	7.45	0.12
2		250.00	Panner	NIN	Milk	644.72	47.15	31.02	36.95
3		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
4		2.50	Almond	NIN	Nuts	15.23	0.46	0.08	1.46
5		2.50	Nut, pistachio, raw	FSANZ	Nuts	14.88	0.52	0.19	1.36
6		20.00	Cheese, processed, sliced, reduced fat	FSANZ	Milk	41.63	4.50	0.80	2.28
7		20.00	Khoa	NIN	Milk	63.19	3.27	3.31	4.12
8		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		25.00	Flour, corn	FSANZ		87.24	0.15	20.90	0.17

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



PLAIN BIRYANI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, USDA, NIN, Open Source, FSANZ

Portion: 01 | Size: 1210.74 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	147.80 KCal
Protein:	19.99 g
Carbohydrates:	17.98 g
Fat:	7.01 g

Nutritional Information (per portion)	
Energy:	1789.43 KCal
Protein:	242.01 g
Carbohydrates:	217.66 g
Fat:	84.88 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	GINGER GARLIC PASTE	Sub Recipe		25.40	1.20	4.28	0.00
2		2.50	CINNAMON /CINNAMON POWDER	USDA		6.18	0.10	2.02	0.03
3		0.50	Mace	NIN		1.78	0.03	0.13	0.12
4		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
5		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
6		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
7		1.25	INDIAN SPICES GARAM MASALA	USDA		1.29	0.06	0.04	0.18
8		6.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		3.75	Chilli Powder	Open Source		10.57	0.51	1.86	0.54
10		2.50	Turmeric powder	NIN		7.01	0.19	1.23	0.13
11		100.00	Yoghurt, plain, unsweetened	FSANZ	Milk	72.90	3.70	3.00	5.20
12		12.50	Mint leaves	NIN		4.63	0.58	0.30	0.08
13		25.00	Coriander, leaves & stem, fresh, raw	FSANZ		4.66	0.75	0.17	0.10
14		62.50	Oil, sunflower	FSANZ		552.70	0.00	0.00	62.50

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
15		12.50	GHEE	USDA	Milk	108.38	0.00	0.00	12.50
16		5.00	Green Chilli	NIN	None	89.63	211.86	12.42	1.53
17		150.00	Tomato, ripe, local	NIN		29.40	1.35	4.06	0.70
18		150.00	Tomatoes, grape, raw	USDA		46.50	1.24	8.27	0.95
19		150.00	Onion, small	NIN		84.97	2.73	17.37	0.24
20		500.00	BASMATI RICE	USDA		740.00	17.60	161.95	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Portion: 01 | Size: 778 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)				Nutritional Information (per portion)			
Energy:		101.79 KCal		Energy:		791.90 KCal	
Protein:		28.79 g		Protein:		223.97 g	
Carbohydrates:		14.05 g		Carbohydrates:		109.31 g	
Fat:		3.90 g		Fat:		30.37 g	

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	Mint leaves	NIN		0.46	0.06	0.03	0.01
2		1.25	CINNAMON /CINNAMON POWDER	USDA		3.09	0.05	1.01	0.02
3		375.00	Water	Open Source		0.00	0.00	0.00	0.00
4		8.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		7.50	Sugar, raw	FSANZ		30.29	0.00	7.44	0.00
6		1.25	Coriander leaves	NIN		0.39	0.04	0.02	0.01
7		1.25	Coriander Powder	NIN		3.36	0.13	0.16	0.22
8		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
9		75.00	Milk, whole, Cow	NIN	Milk	54.67	2.44	3.71	3.36
10		0.50	Mace	NIN		1.78	0.03	0.13	0.12
11		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
12		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
13		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
14		5.00	Green Chilli	NIN	None	89.63	211.86	12.42	1.53
15		25.00	Onion, small	NIN		14.16	0.46	2.90	0.04
16		250.00	BASMATI RICE	USDA		370.00	8.80	80.97	0.00

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



PANEER STUFFING MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ

Portion: 01 | Size: 129.5 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 251.00 KCal
Protein: 18.33 g
Carbohydrates: 12.09 g
Fat: 14.35 g

Nutritional Information (per portion)

Energy: 325.05 KCal
Protein: 23.74 g
Carbohydrates: 15.65 g
Fat: 18.58 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		125.00	Panner	NIN	Milk	322.36	23.57	15.51	18.47
2		0.25	Turmeric powder	NIN		0.70	0.02	0.12	0.01
3		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
4		2.50	Coriander, leaves & stem, fresh, raw	FSANZ		0.47	0.08	0.02	0.01
5		0.50	Black Salt	NIN		0.00	0.00	0.00	0.00
6		0.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



PINDI CHANA MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, Sub Recipe, Open Source, NIN, FSANZ

Portion: 01 | Size: 986.5 g/ml

Allergen Ingredients: Mustard, Sesame

Nutritional Information (per 100g)

Energy: 261.08 KCal
Protein: 11.22 g
Carbohydrates: 36.32 g
Fat: 8.47 g

Nutritional Information (per portion)

Energy: 2575.52 KCal
Protein: 110.66 g
Carbohydrates: 358.25 g
Fat: 83.51 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	Nestea	USDA		9.00	0.00	2.27	0.00
2		500.00	Chickpeas (Garbanzo Beans Bengal Gram) Mature Seeds Raw	USDA		1890.00	102.35	314.75	30.20
3		12.50	GINGER GARLIC PASTE	Sub Recipe		12.70	0.60	2.14	0.00
4		0.50	Carom seed	Open Source		1.79	0.07	0.12	0.10
5		2.50	CINNAMON /CINNAMON POWDER	USDA		6.18	0.10	2.02	0.03
6		6.25	CHANA MASALA	USDA	Mustard, Sesame	7.00	0.22	1.27	0.11
7		3.75	Cumin Powder	NIN		11.42	0.52	0.00	0.62
8		5.00	Coriander Powder	NIN		13.44	0.53	0.65	0.87
9		2.50	Chilli Powder	Open Source		7.05	0.34	1.24	0.36
10		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
11		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
12		1.25	Cloves	NIN		2.33	0.07	0.23	0.11
13		0.50	Bay Leaf	Open Source		1.56	0.04	0.38	0.04
14		50.00	Oil, sunflower	FSANZ		442.16	0.00	0.00	50.00

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
15		125.00	Tomato, ripe, local	NIN		24.50	1.13	3.39	0.59
16		250.00	Onion, small	NIN		141.61	4.55	28.95	0.40

Additional Description / Notes:

No additional notes provided.

N/A



PALAK PATTA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, USDA, NIN, FSANZ

Portion: 01 | Size: 177 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	120.31 KCal
Protein:	8.15 g
Carbohydrates:	16.37 g
Fat:	2.25 g

Nutritional Information (per portion)	
Energy:	212.94 KCal
Protein:	14.43 g
Carbohydrates:	28.97 g
Fat:	3.98 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Carom seed	Open Source		0.89	0.04	0.06	0.05
2		50.00	Chickpea Flour (Besan)	USDA		193.50	11.20	28.91	3.35
3		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
4		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		125.00	Spinach, English, raw	FSANZ		17.03	3.13	0.00	0.50

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ



PANEER KULCHA STUFFED MASALA

Portion: 01 | Size: 129.75 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 251.06 KCal
Protein: 18.31 g
Carbohydrates: 12.16 g
Fat: 14.33 g

Nutritional Information (per portion)

Energy: 325.75 KCal
Protein: 23.76 g
Carbohydrates: 15.78 g
Fat: 18.59 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.50	Turmeric powder	NIN		1.40	0.04	0.25	0.03
2		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
3		2.50	Coriander, leaves & stem, fresh, raw	FSANZ		0.47	0.08	0.02	0.01
4		0.50	Black Salt	NIN		0.00	0.00	0.00	0.00
5		0.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		125.00	Panner	NIN	Milk	322.36	23.57	15.51	18.47

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



PALAK PASTE

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN

Portion: 01 | Size: 1250 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy:	24.38 KCal
Protein:	2.14 g
Carbohydrates:	2.05 g
Fat:	0.64 g

Nutritional Information (per portion)

Energy:	304.73 KCal
Protein:	26.75 g
Carbohydrates:	25.62 g
Fat:	8.00 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1250.00	Spinach	NIN		304.73	26.75	25.62	8.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



NAAN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 395.75 g/ml

Allergen Ingredients: Gluten, Egg, Milk

Nutritional Information (per 100g)

Energy: 246.56 KCal
Protein: 7.07 g
Carbohydrates: 48.08 g
Fat: 2.46 g

Nutritional Information (per portion)

Energy: 975.78 KCal
Protein: 27.97 g
Carbohydrates: 190.26 g
Fat: 9.73 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Wheat flour, refined	NIN	Gluten	879.52	25.90	185.67	1.90
2		75.00	Water	Open Source		0.00	0.00	0.00	0.00
3		0.25	Egg, quail, whole, raw	NIN	Egg	0.38	0.03	0.00	0.03
4		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00
5		1.50	Sugar, white	FSANZ		6.09	0.00	1.50	0.00
6		1.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		62.50	Milk, whole, Cow	NIN	Milk	45.56	2.04	3.09	2.80

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



ONION & TOMATO MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, NIN, FSANZ, Open Source

Portion: 01 | Size: 1997.75 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy: 58.28 KCal
Protein: 1.29 g
Carbohydrates: 4.11 g
Fat: 4.06 g

Nutritional Information (per portion)

Energy: 1164.23 KCal
Protein: 25.81 g
Carbohydrates: 82.03 g
Fat: 81.01 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		17.50	GINGER GARLIC PASTE	Sub Recipe		17.78	0.84	2.99	0.00
2		1125.00	Tomato, green	NIN		233.93	12.60	35.77	3.04
3		750.00	Onion, brown, flesh, fresh, raw	FSANZ		206.14	10.50	38.25	0.75
4		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
5		3.75	Coriander Powder	NIN		10.08	0.40	0.49	0.66
6		7.50	Chilli Powder	Open Source		21.15	1.01	3.73	1.07
7		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
8		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
9		15.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
10		75.00	Oil, sunflower	FSANZ		663.24	0.00	0.00	75.00

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



Murynga Lentil Soup

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, FSANZ, Open Source

Portion: 01 | Size: 1847.75 g/ml

Allergen Ingredients: Gluten, Milk

Nutritional Information (per 100g)	
Energy:	41.05 KCal
Protein:	5.53 g
Carbohydrates:	5.21 g
Fat:	0.81 g

Nutritional Information (per portion)	
Energy:	758.52 KCal
Protein:	102.14 g
Carbohydrates:	96.29 g
Fat:	14.93 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	Asafoetida	NIN	Gluten	8.28	0.16	1.80	0.03
2		7.50	GHEE	USDA	Milk	65.02	0.00	0.00	7.50
3		50.00	Coriander, leaves & stem, fresh, raw	FSANZ		9.32	1.50	0.35	0.20
4		12.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		1250.00	Water	Open Source		0.00	0.00	0.00	0.00
6		0.75	Green Chilli	NIN	None	13.44	31.78	1.86	0.23
7		2.50	Curry leaves	NIN		1.59	0.19	0.11	0.03
8		2.50	Cumin seeds	NIN		7.61	0.35	0.57	0.42
9		125.00	Lentil whole, yellowish	NIN		372.25	28.59	59.89	0.76
10		2.50	Turmeric powder	NIN		7.01	0.19	1.23	0.13
11		250.00	Drumstick leaves	NIN		168.50	16.02	14.05	4.10
12		2.50	Coriander Powder	NIN		6.72	0.27	0.32	0.44
13		2.00	Black Pepper	NIN	None	42.98	19.76	7.16	0.54
14		75.00	Tomato, ripe, local	NIN		14.70	0.68	2.03	0.35
15		25.00	Garlic, cloves, raw, peeled	FSANZ		19.84	1.98	2.58	0.15
16		37.50	Onion, small	NIN		21.24	0.68	4.34	0.06

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



MULTI GRAIN ROTI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, NIN, FSANZ

Portion: 01 | Size: 295 g/ml

Allergen Ingredients: Gluten, Soya

Nutritional Information (per 100g)

Energy: 366.72 KCal
Protein: 13.63 g
Carbohydrates: 69.94 g
Fat: 3.50 g

Nutritional Information (per portion)

Energy: 1081.82 KCal
Protein: 40.21 g
Carbohydrates: 206.31 g
Fat: 10.32 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Pillsbury Atta - Multigrain	Label Information	Gluten, Soya	917.50	36.25	182.25	4.75
2		37.50	Wheat flour, atta	NIN	Gluten	120.10	3.96	24.06	0.57
3		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00

Additional Description / Notes:

No additional notes provided.

N/A



Murgh Punida Sourba

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, NIN, Open Source, FSANZ, USDA

Portion: 01 | Size: 2445.25 g/ml

Allergen Ingredients: Mustard, Gluten

Nutritional Information (per 100g)

Energy: 4120.47 KCal
Protein: 1023.99 g
Carbohydrates: 974.74 g
Fat: 42.47 g

Nutritional Information (per portion)

Energy: 100755.80 KCal
Protein: 25039.21 g
Carbohydrates: 23834.88 g
Fat: 1038.51 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Chicken Bone	Label Information	None	10000.00	25000.00	23750.00	1000.00
2		3.00	Turmeric powder	NIN		8.42	0.23	1.48	0.15
3		5.00	Kitchen King MDH	Label Information	Mustard	0.00	0.00	0.00	0.00
4		0.75	Chilli Powder	Open Source		2.11	0.10	0.37	0.11
5		3.75	Coriander Powder	NIN		10.08	0.40	0.49	0.66
6		12.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		2.50	Curry leaves	NIN		1.59	0.19	0.11	0.03
8		250.00	Potato, red skin	NIN		182.84	4.58	38.58	0.55
9		35.00	Oil, sunflower	FSANZ		309.51	0.00	0.00	35.00
10		1750.00	Water	Open Source		0.00	0.00	0.00	0.00
11		2.50	Black Pepper	NIN	None	53.73	24.70	8.95	0.68
12		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
13		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
14		50.00	Coriander, leaves & stem, fresh, raw	FSANZ		9.32	1.50	0.35	0.20
15		0.75	CINNAMON /CINNAMON	USDA		1.85	0.03	0.60	0.01

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
			POWDER						
16		37.50	Garlic, cloves, raw, peeled	FSANZ		29.76	2.96	3.86	0.22
17		37.50	Wheat flour, refined	NIN	Gluten	131.93	3.88	27.85	0.29
18		3.75	fennel seeds	USDA		12.94	0.59	1.96	0.56

Additional Description / Notes:

No additional notes provided.

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N/A



MIXING FLOUR MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, USDA, NIN, FSANZ, Label Information

Portion: 01 | Size: 597.5 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)

Energy: 308.10 KCal
Protein: 6.30 g
Carbohydrates: 65.43 g
Fat: 2.41 g

Nutritional Information (per portion)

Energy: 1840.90 KCal
Protein: 37.62 g
Carbohydrates: 390.92 g
Fat: 14.41 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		30.00	Chilli Powder	Open Source		84.60	4.05	14.91	4.29
2		100.00	Chickpea Flour (Besan)	USDA		387.00	22.39	57.82	6.69
3		12.50	Curry leaves	NIN		7.95	0.93	0.56	0.13
4		25.00	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
5		22.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		17.50	amchoor powder	Open Source		64.75	0.00	15.75	0.17
7		15.00	Kitchen King MDH	Label Information	Mustard	0.00	0.00	0.00	0.00
8		125.00	Flour, rice, white, dry	FSANZ		424.24	8.75	92.88	1.38
9		250.00	Flour, corn	FSANZ		872.37	1.50	209.00	1.75

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



MASALA CHEESE SHASKA BALLS

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Label Information, FSANZ, Open Source, USDA

Portion: 01 | Size: 615.5 g/ml

Allergen Ingredients: Gluten, Milk

Nutritional Information (per 100g)

Energy: 254.03 KCal
Protein: 22.18 g
Carbohydrates: 30.17 g
Fat: 8.65 g

Nutritional Information (per portion)

Energy: 1563.58 KCal
Protein: 136.52 g
Carbohydrates: 185.70 g
Fat: 53.23 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		12.50	Wheat flour, refined	NIN	Gluten	43.98	1.29	9.28	0.10
2		250.00	Panner	NIN	Milk	644.72	47.15	31.02	36.95
3		75.00	Panko Bread Crumb , Luciana	Label Information	Gluten	271.50	8.93	58.28	0.30
4		1.25	Ginger, fresh	NIN		0.69	0.03	0.11	0.01
5		1.25	Green Chilli	NIN	None	22.41	52.97	3.10	0.38
6		12.50	Sugar, raw	FSANZ		50.49	0.00	12.40	0.00
7		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
8		30.00	Flour, corn	FSANZ		104.68	0.18	25.08	0.21
9		50.00	Water	Open Source		0.00	0.00	0.00	0.00
10		0.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
11		1.25	pepper white	USDA		3.70	0.13	0.86	0.03
12		75.00	Cheese, mozzarella	Open Source	Milk	202.50	20.25	0.75	12.75
13		0.25	pepper white	USDA		0.74	0.03	0.17	0.01
14		50.00	Corn grain, white	USDA		182.50	4.71	37.15	2.37
15		2.50	Coriander leaves	NIN		0.78	0.09	0.05	0.02
16		50.00	Potato, brown skin, big	NIN		34.89	0.77	7.45	0.12

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



MAKKAI KI ROTI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Label Information, NIN, FSANZ

Portion: 01 | Size: 371.25 g/ml

Allergen Ingredients: Gluten

Nutritional Information (per 100g)

Energy: 3636.15 KCal
Protein: 979.14 g
Carbohydrates: 771.26 g
Fat: 40.18 g

Nutritional Information (per portion)

Energy: 13499.22 KCal
Protein: 3635.05 g
Carbohydrates: 2863.31 g
Fat: 149.18 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Makki Atta	Label Information	None	13079.71	3623.19	2789.86	141.30
2		100.00	Wheat flour, atta	NIN	Gluten	320.27	10.57	64.17	1.53
3		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		6.25	Oil, sunflower	FSANZ		55.27	0.00	0.00	6.25
5		12.50	Wheat flour, refined	NIN	Gluten	43.98	1.29	9.28	0.10

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



MALAI MASALA FOR SAFFRONI CHICKEN

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, USDA, Open Source, FSANZ

Portion: 01 | Size: 88.5 g/ml

Allergen Ingredients: NA, Milk

Nutritional Information (per 100g)

Energy: 334.91 KCal
Protein: 6.58 g
Carbohydrates: 10.27 g
Fat: 29.79 g

Nutritional Information (per portion)

Energy: 296.39 KCal
Protein: 5.83 g
Carbohydrates: 9.09 g
Fat: 26.36 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.50	Turmeric powder	NIN		1.40	0.04	0.25	0.03
2		12.50	Extra Virgin Olive Oil	USDA	NA	105.41	0.00	0.00	11.71
3		25.00	Fresh Cream	Open Source	Milk	61.50	0.50	0.75	6.25
4		50.00	Cheese, cream, reduced fat 16%, Country Goodness	FSANZ	Milk	126.67	5.25	7.85	8.35
5		0.50	Turmeric powder	NIN		1.40	0.04	0.25	0.03

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



MAKHANI GRAVY

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: FSANZ, Sub Recipe, NIN, USDA, Open Source

Portion: 01 | Size: 2961.25 g/ml

Allergen Ingredients: Nuts

Nutritional Information (per 100g)	
Energy:	106.75 KCal
Protein:	2.53 g
Carbohydrates:	5.10 g
Fat:	8.51 g

Nutritional Information (per portion)	
Energy:	3161.12 KCal
Protein:	74.91 g
Carbohydrates:	150.95 g
Fat:	251.94 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		17.50	Garlic, cloves, raw, peeled	FSANZ		13.89	1.38	1.80	0.10
2		37.50	GINGER GARLIC PASTE	Sub Recipe		38.10	1.80	6.41	0.00
3		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
4		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
5		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
6		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
7		12.50	Chilli Powder	Open Source		35.25	1.69	6.21	1.79
8		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
9		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
10		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
11		125.00	Oil, sunflower	FSANZ		1105.40	0.00	0.00	125.00
12		250.00	Cashew nut	NIN	Nuts	1456.74	46.95	63.65	113.00
13		12.50	Ginger, fresh	NIN		6.87	0.28	1.12	0.11
14		2500.00	Tomato, ripe, local	NIN		489.96	22.50	67.75	11.75

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

N/A



Lal Bag Tomato Shorba

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Label Information, FSANZ, Open Source, USDA

Portion: 01 | Size: 1818.75 g/ml

Allergen Ingredients: Gluten, Celery, Milk, Mustard, Nuts, Soya, NA

Nutritional Information (per 100g)	
Energy:	31.18 KCal
Protein:	2.05 g
Carbohydrates:	3.47 g
Fat:	1.57 g

Nutritional Information (per portion)	
Energy:	567.12 KCal
Protein:	37.30 g
Carbohydrates:	63.19 g
Fat:	28.50 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		37.50	Wheat flour, refined	NIN	Gluten	131.93	3.88	27.85	0.29
2		187.50	Tomato Puree Kissan	Label Information	Celery, Gluten, Milk, Mustard, Nuts, Soya	58.13	2.44	10.31	0.94
3		25.00	Garlic, cloves, raw, peeled	FSANZ		19.84	1.98	2.58	0.15
4		1.25	Chilli Powder	Open Source		3.53	0.17	0.62	0.18
5		50.00	Coriander, leaves & stem, fresh, raw	FSANZ		9.32	1.50	0.35	0.20
6		1250.00	Water	Open Source		0.00	0.00	0.00	0.00
7		12.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
8		2.50	BASIL	Open Source		0.58	0.08	0.07	0.02
9		150.00	Tomatoes, grape, raw	USDA		46.50	1.24	8.27	0.95
10		62.50	TOMATO SAUCE	USDA	NA	15.63	1.02	3.08	0.00
11		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
12		2.50	Black Pepper	NIN	None	53.73	24.70	8.95	0.68
13		12.50	Ginger, fresh	NIN		6.87	0.28	1.12	0.11

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

N/A



LAMB SHEEK KEBAB

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, Open Source, Label Information, NIN, FSANZ

Portion: 01 | Size: 1012.75 g/ml

Allergen Ingredients: Milk, Egg, Mustard

Nutritional Information (per 100g)	
Energy:	225.98 KCal
Protein:	18.38 g
Carbohydrates:	2.00 g
Fat:	16.51 g

Nutritional Information (per portion)	
Energy:	2288.56 KCal
Protein:	186.16 g
Carbohydrates:	20.22 g
Fat:	167.24 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.75	pepper white	USDA		2.22	0.08	0.51	0.02
2		22.50	Chilli Powder	Open Source		63.45	3.04	11.18	3.22
3		1.25	Kasoori Methi	Label Information	None	16.67	5.14	3.06	0.28
4		0.75	Cardamom, green	NIN		1.91	0.06	0.36	0.02
5		37.50	Cheese, processed	FSANZ	Milk	126.37	7.95	0.22	10.57
6		0.50	Egg, quial, whole, raw	NIN	Egg	0.76	0.06	0.00	0.06
7		17.50	Oil, mustard	USDA	Mustard	154.70	0.00	0.00	17.50
8		0.75	INDIAN SPICES GARAM MASALA	USDA		0.77	0.04	0.02	0.10
9		1.25	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
10		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
11		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
12		5.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
13		20.00	Mint leaves	NIN		7.41	0.93	0.48	0.13
14		20.00	Coriander leaves	NIN		6.21	0.70	0.39	0.14
15		25.00	Mushrooms, brown, italian, or crimini, raw	USDA		5.50	0.63	1.07	0.03
16		17.50	Garlic, cloves, raw,	FSANZ		13.89	1.38	1.80	0.10

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
			peeled						
17		12.50	Ginger, fresh	NIN		6.87	0.28	1.12	0.11
18		75.00	Mutton fat	USDA		675.00	0.00	0.00	75.00
19		750.00	Goat, legs	NIN		1199.2 1	165.53	0.00	59.55

Additional Description / Notes:

No additional notes provided.

N/A



LACCHA PARATHA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, Open Source

Portion: 01 | Size: 532 g/ml

Allergen Ingredients: Gluten

Nutritional Information (per 100g)	
Energy:	191.88 KCal
Protein:	5.94 g
Carbohydrates:	37.14 g
Fat:	1.73 g

Nutritional Information (per portion)	
Energy:	1020.79 KCal
Protein:	31.61 g
Carbohydrates:	197.56 g
Fat:	9.21 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		50.00	Wheat flour, refined	NIN	Gluten	175.91	5.18	37.13	0.38
2		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00
3		225.00	Water	Open Source		0.00	0.00	0.00	0.00
4		2.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		250.00	Wheat flour, atta	NIN	Gluten	800.67	26.43	160.43	3.83

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



Kurka Chutney

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, Open Source, USDA

Portion: 01 | Size: 284.25 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)	
Energy:	41.68 KCal
Protein:	20.26 g
Carbohydrates:	4.65 g
Fat:	1.53 g

Nutritional Information (per portion)	
Energy:	118.48 KCal
Protein:	57.60 g
Carbohydrates:	13.21 g
Fat:	4.34 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Tomato, ripe, local	NIN		49.00	2.25	6.78	1.17
2		28.75	Garlic, cloves, raw, peeled	FSANZ		22.81	2.27	2.96	0.17
3		0.25	Coriander, leaves & stem, fresh, raw	FSANZ		0.05	0.01	0.00	0.00
4		0.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		0.75	Chilli Powder	Open Source		2.11	0.10	0.37	0.11
6		2.50	Oil, mustard	USDA	Mustard	22.10	0.00	0.00	2.50
7		1.25	Green Chilli	NIN	None	22.41	52.97	3.10	0.38

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



Kozhi Melagu Curry

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, FSANZ, Sub Recipe, Open Source

Portion: 01 | Size: 357.13 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)	
Energy:	172.35 KCal
Protein:	17.27 g
Carbohydrates:	8.85 g
Fat:	14.03 g

Nutritional Information (per portion)	
Energy:	615.51 KCal
Protein:	61.66 g
Carbohydrates:	31.62 g
Fat:	50.12 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.50	fennel seeds	USDA		8.63	0.40	1.31	0.37
2		75.00	Tomato, ripe, local	NIN		14.70	0.68	2.03	0.35
3		125.00	Onion, brown, flesh, fresh, raw	FSANZ		34.36	1.75	6.38	0.13
4		0.50	CINNAMON /CINNAMON POWDER	USDA		1.24	0.02	0.40	0.01
5		75.00	YELLOW GRAVY	Sub Recipe	Milk, Nuts	142.16	2.99	9.24	9.85
6		0.38	Water	Open Source		0.00	0.00	0.00	0.00
7		3.75	Black Pepper Powder	NIN		8.16	0.38	1.36	0.10
8		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
9		3.75	Chilli Powder	Open Source		10.57	0.51	1.86	0.54
10		3.75	Coriander Powder	NIN		10.08	0.40	0.49	0.66
11		25.00	Ginger and Garlic Paste	NIN		24.30	1.30	4.25	0.08
12		1.25	Curry leaves	NIN		0.79	0.09	0.06	0.01
13		1.25	Green Chilli	NIN	None	22.41	52.97	3.10	0.38
14		37.50	Oil, sunflower	FSANZ		331.62	0.00	0.00	37.50
15		0.50	Cloves	NIN		0.93	0.03	0.09	0.04

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
16		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
17		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01

Additional Description / Notes:

No additional notes provided.

N/A



kozhi melagu curry

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, Sub Recipe, Open Source, FSANZ

Portion: 01 | Size: 3500 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)	
Energy:	87.63 KCal
Protein:	8.44 g
Carbohydrates:	5.08 g
Fat:	6.87 g

Nutritional Information (per portion)	
Energy:	3066.88 KCal
Protein:	295.53 g
Carbohydrates:	177.88 g
Fat:	240.54 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		10.00	fennel seeds	USDA		34.50	1.58	5.23	1.49
2		300.00	Tomato, ripe, local	NIN		58.80	2.70	8.13	1.41
3		500.00	Onion, big	NIN		240.20	7.50	47.80	1.20
4		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
5		300.00	YELLOW GRAVY	Sub Recipe	Milk, Nuts	568.62	11.97	36.96	39.39
6		1500.00	Water	Open Source		0.00	0.00	0.00	0.00
7		15.00	Black Pepper Powder	NIN		32.62	1.52	5.43	0.41
8		5.00	Turmeric powder	NIN		14.03	0.38	2.46	0.25
9		15.00	Chilli Powder	Open Source		42.30	2.02	7.46	2.15
10		15.00	Coriander Powder	NIN		40.33	1.60	1.95	2.62
11		100.00	Ginger and Garlic Paste	NIN		97.20	5.21	17.01	0.33
12		5.00	Curry leaves	NIN		3.18	0.37	0.23	0.05
13		5.00	Green Chilli	NIN	None	89.63	211.86	12.42	1.53
14		150.00	Oil, sunflower	FSANZ		1326.48	0.00	0.00	150.00
15		2.00	Cloves	NIN		3.73	0.12	0.37	0.17

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
16		1.00	Bay Leaf	Open Source		3.13	0.08	0.75	0.08
17		2.00	Cardamom, green	NIN		5.10	0.16	0.96	0.05

Additional Description / Notes:

No additional notes provided.

N/A



VEG BIRYANI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, NIN, USDA, Open Source, FSANZ

Portion: 01 | Size: 1460.73 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	155.24 KCal
Protein:	18.61 g
Carbohydrates:	20.73 g
Fat:	5.92 g

Nutritional Information (per portion)	
Energy:	2267.66 KCal
Protein:	271.78 g
Carbohydrates:	302.85 g
Fat:	86.47 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	GINGER GARLIC PASTE	Sub Recipe		25.40	1.20	4.28	0.00
2		100.00	Peas, fresh	NIN		81.26	7.25	11.88	0.13
3		2.50	CINNAMON /CINNAMON POWDER	USDA		6.18	0.10	2.02	0.03
4		0.50	Mace	NIN		1.78	0.03	0.13	0.12
5		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
6		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
7		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
8		1.25	INDIAN SPICES GARAM MASALA	USDA		1.29	0.06	0.04	0.18
9		6.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
10		3.75	Chilli Powder	Open Source		10.57	0.51	1.86	0.54
11		2.50	Turmeric powder	NIN		7.01	0.19	1.23	0.13
12		100.00	Yoghurt, plain, unsweetened	FSANZ	Milk	72.90	3.70	3.00	5.20
13		100.00	Beans, adzuki, mature seeds, raw	USDA		329.00	19.90	62.90	0.53
14		100.00	Carrot, red	NIN		38.24	1.04	6.71	0.47
15		100.00	Corn, Baby	NIN		73.14	2.69	11.66	1.33

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
16		12.50	Mint leaves	NIN		4.63	0.58	0.30	0.08
17		25.00	Coriander leaves	NIN		7.77	0.88	0.48	0.17
18		12.50	GHEE	USDA	Milk	108.38	0.00	0.00	12.50
19		62.50	Oil, sunflower	FSANZ		552.70	0.00	0.00	62.50
20		5.00	Green Chilli	NIN	None	89.63	211.86	12.42	1.53
21		150.00	Tomato, ripe, local	NIN		29.40	1.35	4.06	0.70
22		150.00	Onion, small	NIN		84.97	2.73	17.37	0.24
23		500.00	BASMATI RICE	USDA		740.00	17.60	161.95	0.00

Additional Description / Notes:

No additional notes provided.

N/A



WHITE GRAVY

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, NIN, FSANZ

Portion: 01 | Size: 800.76 g/ml

Allergen Ingredients: Nuts

Nutritional Information (per 100g)	
Energy:	272.77 KCal
Protein:	7.01 g
Carbohydrates:	15.23 g
Fat:	20.46 g

Nutritional Information (per portion)	
Energy:	2184.21 KCal
Protein:	56.11 g
Carbohydrates:	121.98 g
Fat:	163.84 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
2		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
3		50.00	Oil, sunflower	FSANZ		442.16	0.00	0.00	50.00
4		250.00	Cashew nut	NIN	Nuts	1456.74	46.95	63.65	113.00
5		500.00	Onion, small	NIN		283.22	9.10	57.90	0.80

Additional Description / Notes:

No additional notes provided.

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N/A



White Peas Masala

Data Reference: NIN, Label Information, FSANZ, Open Source, Sub Recipe, USDA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Portion: 01 | Size: 314.5 g/ml

Allergen Ingredients: Mustard

Nutritional Information (per 100g)

Energy: 223.76 KCal
Protein: 9.47 g
Carbohydrates: 25.95 g
Fat: 8.66 g

Nutritional Information (per portion)

Energy: 703.73 KCal
Protein: 29.78 g
Carbohydrates: 81.60 g
Fat: 27.24 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1.25	Coriander leaves	NIN		0.39	0.04	0.02	0.01
2		0.50	Kitchen King MDH	Label Information	Mustard	0.00	0.00	0.00	0.00
3		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		0.50	Chilli Powder	Open Source		1.41	0.07	0.25	0.07
5		0.50	Turmeric powder	NIN		1.40	0.04	0.25	0.03
6		1.25	Cumin seeds	NIN		3.81	0.17	0.28	0.21
7		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
8		18.75	GINGER GARLIC PASTE	Sub Recipe		19.05	0.90	3.21	0.00
9		1.25	WHOLE GARAM MASALA / WHOLE SPICE	USDA		0.00	0.00	0.00	0.00
10		75.00	Onion, small	NIN		42.48	1.36	8.69	0.12
11		62.50	Tomato, ripe, local	NIN		12.25	0.56	1.69	0.29
12		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
13		125.00	Cowpea, white	NIN		400.34	26.56	67.21	1.42

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: None, NIN, FSANZ, USDA



YELLOW DAL BOILED

Portion: 01 | Size: 385 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	742.82 KCal
Protein:	163.15 g
Carbohydrates:	130.86 g
Fat:	5.34 g

Nutritional Information (per portion)	
Energy:	2859.86 KCal
Protein:	628.11 g
Carbohydrates:	503.80 g
Fat:	20.55 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		125.00	Toor Dal (Split Pigeon Peas)	None	None	1931.82	568.18	357.95	8.52
2		2.50	Turmeric powder	NIN		7.01	0.19	1.23	0.13
3		7.50	Oil, sunflower	FSANZ		66.32	0.00	0.00	7.50
4		125.00	Green gram, dal	NIN		407.21	29.85	65.74	1.69
5		125.00	Lentils Pink Or Red Raw	USDA		447.50	29.89	78.88	2.71

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



YELLOW GRAVY

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, USDA, FSANZ, Open Source, NIN

Portion: 01 | Size: 1470.02 g/ml

Allergen Ingredients: Nuts

Nutritional Information (per 100g)	
Energy:	151.27 KCal
Protein:	74.77 g
Carbohydrates:	16.02 g
Fat:	7.36 g

Nutritional Information (per portion)	
Energy:	2223.68 KCal
Protein:	1099.20 g
Carbohydrates:	235.47 g
Fat:	108.18 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	GINGER GARLIC PASTE	Sub Recipe		25.40	1.20	4.28	0.00
2		1.25	CINNAMON /CINNAMON POWDER	USDA		3.09	0.05	1.01	0.02
3		15.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
4		2.50	Yellow Chili Power	Open Source		10.88	0.35	1.25	0.38
5		3.75	Cumin Powder	NIN		11.42	0.52	0.00	0.62
6		5.00	Coriander Powder	NIN		13.44	0.53	0.65	0.87
7		50.00	Oil, sunflower	FSANZ		442.16	0.00	0.00	50.00
8		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
9		0.50	Cloves	NIN		0.93	0.03	0.09	0.04
10		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
11		75.00	Cashew nut	NIN	Nuts	437.02	14.09	19.09	33.90
12		12.50	Oil, sunflower	FSANZ		110.54	0.00	0.00	12.50
13		3.75	Turmeric powder	NIN		10.52	0.29	1.85	0.19
14		25.00	Green Chilli	NIN	None	448.14	1059.32	62.08	7.63
15		1250.00	Onion, small	NIN		708.06	22.75	144.75	2.00

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



TANDOOR WHITE MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, FSANZ, Open Source, NIN

Portion: 01 | Size: 665 g/ml

Allergen Ingredients: Milk, Nuts

Nutritional Information (per 100g)

Energy: 317.06 KCal
Protein: 29.51 g
Carbohydrates: 13.03 g
Fat: 26.77 g

Nutritional Information (per portion)

Energy: 2108.45 KCal
Protein: 196.24 g
Carbohydrates: 86.66 g
Fat: 178.00 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		3.75	pepper white	USDA		11.10	0.39	2.57	0.08
2		30.00	Oil, olive	FSANZ		264.58	0.00	0.06	29.88
3		175.00	Yoghurt, plain, unsweetened	FSANZ	Milk	127.57	6.48	5.25	9.10
4		212.50	Fresh Cream	Open Source	Milk	522.75	4.25	6.38	53.13
5		75.00	Cheese, cream	FSANZ	Milk	276.05	2.33	4.80	28.05
6		3.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		3.75	Coriander, leaves & stem, fresh, raw	FSANZ		0.70	0.11	0.03	0.01
8		3.75	Green Chilli	NIN	None	67.22	158.90	9.31	1.14
9		5.00	Ginger, fresh	NIN		2.75	0.11	0.45	0.04
10		25.00	Sugar, raw	FSANZ		100.98	0.00	24.80	0.00
11		2.50	Cardamom, green	NIN		6.38	0.20	1.19	0.07
12		125.00	Cashew nut	NIN	Nuts	728.37	23.48	31.83	56.50

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



TANDOOR YELLOW MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, FSANZ, Open Source, Sub Recipe

Portion: 01 | Size: 478.5 g/ml

Allergen Ingredients: Milk, Mustard, Gluten, Nuts, Soya

Nutritional Information (per 100g)

Energy: 223.36 KCal
Protein: 32.50 g
Carbohydrates: 9.81 g
Fat: 17.56 g

Nutritional Information (per portion)

Energy: 1068.78 KCal
Protein: 155.53 g
Carbohydrates: 46.96 g
Fat: 84.05 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		12.50	Chickpea Flour (Besan)	USDA		48.38	2.80	7.23	0.84
2		0.75	Fenugreek seeds	NIN		1.76	0.19	0.08	0.04
3		47.50	Cream, standard	FSANZ	Milk	177.10	0.95	1.33	19.00
4		32.50	Cheese, blue	USDA	Milk	114.73	6.96	0.76	9.33
5		250.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	157.50	13.13	17.60	3.88
6		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
7		1.25	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
8		1.25	INDIAN SPICES GARAM MASALA	USDA		1.29	0.06	0.04	0.18
9		1.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
10		0.75	Black Salt	NIN		0.00	0.00	0.00	0.00
11		2.50	Yellow Chili Power	Open Source		10.88	0.35	1.25	0.38
12		37.50	KASUNDI	Sub Recipe		43.50	1.50	2.63	3.00
13		2.50	Turmeric powder	NIN		7.01	0.19	1.23	0.13
14		12.50	Lemon grass (citronella), raw	USDA		12.25	0.23	3.19	0.00
15		3.00	Green Chilli	NIN	None	53.78	127.12	7.45	0.92

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
16		37.50	Oil, mustard	USDA	Mustard	331.50	0.00	0.00	37.50
17		32.50	crispy mushroom, cashewnut	Sub Recipe	Gluten, Nuts, Soya	101.50	1.72	4.19	8.46

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



TAWA MUTTON MASALA CHOPS

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Sub Recipe, NIN, FSANZ, USDA, Open Source

Portion: 01 | Size: 556.5 g/ml

Allergen Ingredients: Gluten, Mustard

Nutritional Information (per 100g)

Energy: 151.61 KCal
Protein: 18.76 g
Carbohydrates: 1.66 g
Fat: 7.89 g

Nutritional Information (per portion)

Energy: 843.69 KCal
Protein: 104.38 g
Carbohydrates: 9.25 g
Fat: 43.91 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		5.00	GINGER GARLIC PASTE	Sub Recipe		5.08	0.24	0.86	0.00
2		10.00	GINGER GARLIC PASTE	Sub Recipe		10.16	0.48	1.71	0.00
3		2.50	Wheat flour, refined	NIN	Gluten	8.80	0.26	1.86	0.02
4		5.00	Vinegar	FSANZ		0.22	0.02	0.03	0.00
5		0.50	CINNAMON /CINNAMON POWDER	USDA		1.24	0.02	0.40	0.01
6		5.50	Lemon, flesh, raw	FSANZ		0.75	0.03	0.12	0.02
7		0.50	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
8		0.25	Fenugreek seeds	NIN		0.59	0.06	0.03	0.01
9		0.50	INDIAN SPICES GARAM MASALA	USDA		0.52	0.03	0.01	0.07
10		1.00	Cumin Powder	NIN		3.04	0.14	0.00	0.17
11		1.00	Black Salt	NIN		0.00	0.00	0.00	0.00
12		2.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
13		7.50	Chilli Powder	Open Source		21.15	1.01	3.73	1.07
14		12.50	Oil, mustard	USDA	Mustard	110.50	0.00	0.00	12.50
15		0.25	Papaya, ripe	NIN		0.06	0.00	0.01	0.00

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
16		1.00	Chilli Powder	Open Source		2.82	0.14	0.50	0.14
17		1.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
18		500.00	Goat, chops	NIN		678.78	101.95	0.00	29.90

Additional Description / Notes:

No additional notes provided.

N/A



TOMATO GRAVY

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: FSANZ, Sub Recipe, USDA, NIN, Open Source

Portion: 01 | Size: 2629.74 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	31.54 KCal
Protein:	1.10 g
Carbohydrates:	3.28 g
Fat:	1.51 g

Nutritional Information (per portion)	
Energy:	829.50 KCal
Protein:	28.87 g
Carbohydrates:	86.23 g
Fat:	39.67 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		17.50	Garlic, cloves, raw, peeled	FSANZ		13.89	1.38	1.80	0.10
2		37.50	GINGER GARLIC PASTE	Sub Recipe		38.10	1.80	6.41	0.00
3		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
4		15.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		2.50	Fenugreek seeds	NIN		5.87	0.64	0.26	0.14
6		3.75	Coriander Powder	NIN		10.08	0.40	0.49	0.66
7		12.50	Chilli Powder	Open Source		35.25	1.69	6.21	1.79
8		0.25	Bay Leaf	Open Source		0.78	0.02	0.19	0.02
9		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
10		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
11		25.00	Oil, sunflower	FSANZ		221.08	0.00	0.00	25.00
12		12.50	Ginger, fresh	NIN		6.87	0.28	1.12	0.11
13		2500.00	Tomato, ripe, local	NIN		489.96	22.50	67.75	11.75

Additional Description / Notes:

No additional notes provided. No additional notes provided. Recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



sweet potato patties

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, FSANZ

Portion: 01 | Size: 1043 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	115.38 KCal
Protein:	21.67 g
Carbohydrates:	24.45 g
Fat:	0.56 g

Nutritional Information (per portion)	
Energy:	1203.43 KCal
Protein:	226.06 g
Carbohydrates:	255.01 g
Fat:	5.89 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		2.00	pepper white	USDA		5.92	0.21	1.37	0.04
2		15.00	Ginger, fresh	NIN		8.25	0.33	1.35	0.13
3		5.00	Green Chilli	NIN	None	89.63	211.86	12.42	1.53
4		1.00	Cardamom, green	NIN		2.55	0.08	0.48	0.03
5		10.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
6		5.00	Cumin Powder	NIN		15.22	0.70	0.00	0.83
7		5.00	Coriander leaves	NIN		1.55	0.18	0.10	0.03
8		1000.00	Sweet potato, pink skin	NIN		1080.31	12.70	239.30	3.30

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



SWEET POTATO PATTIES

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN

Portion: 01 | Size: 301.99 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	105.94 KCal
Protein:	8.45 g
Carbohydrates:	23.06 g
Fat:	0.33 g

Nutritional Information (per portion)	
Energy:	319.94 KCal
Protein:	25.52 g
Carbohydrates:	69.63 g
Fat:	1.00 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.50	Coriander leaves	NIN		0.16	0.02	0.01	0.00
2		0.50	Ginger, fresh	NIN		0.27	0.01	0.04	0.00
3		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
4		0.50	Green Chilli	NIN	None	8.96	21.19	1.24	0.15
5		50.00	Potato, red skin	NIN		36.57	0.92	7.71	0.11
6		250.00	Sweet potato, brown skin	NIN		272.47	3.33	60.63	0.65

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



TANDOOR RED MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, NIN, FSANZ, USDA, Sub Recipe

Portion: 01 | Size: 309 g/ml

Allergen Ingredients: Milk, Mustard

Nutritional Information (per 100g)

Energy: 119.07 KCal
Protein: 4.41 g
Carbohydrates: 5.05 g
Fat: 9.29 g

Nutritional Information (per portion)

Energy: 367.93 KCal
Protein: 13.63 g
Carbohydrates: 15.61 g
Fat: 28.69 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		6.25	Chilli Powder	Open Source		17.63	0.84	3.11	0.89
2		0.75	Fenugreek seeds	NIN		1.76	0.19	0.08	0.04
3		250.00	Yoghurt, plain, low fat, unsweetened	FSANZ	Milk	100.38	12.00	11.00	1.00
4		0.75	Cumin Powder	NIN		2.28	0.10	0.00	0.12
5		0.50	INDIAN SPICES GARAM MASALA	USDA		0.52	0.03	0.01	0.07
6		0.75	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
7		25.00	Oil, mustard	USDA	Mustard	221.00	0.00	0.00	25.00
8		25.00	RED CHILLY PASTE	Sub Recipe		24.36	0.47	1.41	1.56

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



TANDOOR SHASLIK

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN

Portion: 01 | Size: 500 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)

Energy:	25.69 KCal
Protein:	1.36 g
Carbohydrates:	3.87 g
Fat:	0.36 g

Nutritional Information (per portion)

Energy:	128.47 KCal
Protein:	6.79 g
Carbohydrates:	19.36 g
Fat:	1.82 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		125.00	Onion, big	NIN		60.05	1.88	11.95	0.30
2		125.00	Capsicum, green	NIN		20.32	1.39	2.30	0.43
3		125.00	Capsicum, red	NIN		24.80	1.84	2.68	0.59
4		125.00	Capsicum, yellow	NIN		23.30	1.69	2.44	0.51

Additional Description / Notes:

No additional notes provided.

N/A



SUBZ KULCHA STUFFING MASALA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, Label Information, NIN, FSANZ

Portion: 01 | Size: 356.74 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)

Energy: 193.17 KCal
Protein: 127.34 g
Carbohydrates: 33.19 g
Fat: 1.48 g

Nutritional Information (per portion)

Energy: 689.13 KCal
Protein: 454.28 g
Carbohydrates: 118.39 g
Fat: 5.26 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	pepper white	USDA		0.74	0.03	0.17	0.01
2		0.25	Kasoori Methi	Label Information	None	3.33	1.03	0.61	0.06
3		125.00	Beans, adzuki, mature seeds, raw	USDA		411.25	24.88	78.63	0.66
4		2.50	Coriander leaves	NIN		0.78	0.09	0.05	0.02
5		3.75	Panner	NIN	Milk	9.67	0.71	0.47	0.55
6		0.50	Cumin Powder	NIN		1.52	0.07	0.00	0.08
7		0.50	Black Salt	NIN		0.00	0.00	0.00	0.00
8		2.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
10		10.00	Green Chilli	NIN	None	179.25	423.73	24.83	3.05
11		10.00	Garlic, single clove, Kashmir	NIN		12.50	0.61	2.35	0.02
12		0.50	Cumin seeds	NIN		1.52	0.07	0.11	0.08
13		25.00	Onion, small	NIN		14.16	0.46	2.90	0.04
14		50.00	Cabbage, green	NIN		10.76	0.68	1.63	0.06
15		50.00	Cauliflower	NIN		11.47	1.07	1.01	0.22
16		75.00	Carrot, red	NIN		28.68	0.78	5.03	0.35

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Additional Description / Notes:

No additional notes provided.

N/A



SUBZ QUINOA SHEEK

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, Label Information, NIN, FSANZ

Portion: 01 | Size: 556.25 g/ml

Allergen Ingredients: None

Nutritional Information (per 100g)	
Energy:	202.48 KCal
Protein:	68.28 g
Carbohydrates:	34.65 g
Fat:	1.89 g

Nutritional Information (per portion)	
Energy:	1126.28 KCal
Protein:	379.81 g
Carbohydrates:	192.73 g
Fat:	10.49 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	Corn grain, white	USDA		91.25	2.35	18.57	1.19
2		50.00	Peas Green Split Mature Seeds Raw	USDA		182.00	11.56	30.82	1.95
3		1.25	Kasoori Methi	Label Information	None	16.67	5.14	3.06	0.28
4		125.00	Beans Kidney All Types Mature Seeds Raw	USDA		416.25	29.47	75.01	1.04
5		12.50	Coriander leaves	NIN		3.88	0.44	0.24	0.09
6		25.00	Roasted Gram Flour	USDA		96.75	5.60	14.45	1.67
7		2.50	Black Salt	NIN		0.00	0.00	0.00	0.00
8		1.25	Cumin Powder	NIN		3.81	0.17	0.00	0.21
9		1.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
10		1.25	Turmeric powder	NIN		3.51	0.10	0.62	0.06
11		12.50	Quinoa	NIN		41.05	1.64	6.71	0.69
12		10.00	Garlic, cloves, raw, peeled	FSANZ		7.93	0.79	1.03	0.06
13		6.25	Ginger, fresh	NIN		3.44	0.14	0.56	0.05
14		7.50	Green Chilli	NIN	None	134.44	317.80	18.62	2.29
15		50.00	Onion, small	NIN		28.32	0.91	5.79	0.08
16		75.00	Potato, red skin	NIN		54.85	1.37	11.57	0.17

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
17		75.00	Cauliflower	NIN		17.21	1.61	1.52	0.33
18		75.00	Carrot, orange	NIN		24.92	0.71	4.16	0.35

Additional Description / Notes:

No additional notes provided.

N/A



Saffron Phirni

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ, Sub Recipe, USDA

Portion: 01 | Size: 621 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	111.47 KCal
Protein:	3.66 g
Carbohydrates:	15.05 g
Fat:	4.02 g

Nutritional Information (per portion)	
Energy:	692.21 KCal
Protein:	22.71 g
Carbohydrates:	93.46 g
Fat:	24.93 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.75	Cardamom, green	NIN		1.91	0.06	0.36	0.02
2		0.25	Saffron	Open Source		0.78	0.03	0.16	0.01
3		20.00	Sugar, raw	FSANZ		80.78	0.00	19.84	0.00
4		62.50	MILK MAID	Sub Recipe	Milk	188.75	5.00	36.25	2.50
5		37.50	BASMATI RICE	USDA		55.50	1.32	12.15	0.00
6		500.00	Milk, whole, Cow	NIN	Milk	364.48	16.30	24.70	22.40

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



SAFFRONI CHICKEN MALAI TIKKA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, FSANZ, USDA, NIN

Portion: 01 | Size: 566 g/ml

Allergen Ingredients: NA, Egg, Milk

Nutritional Information (per 100g)

Energy: 233.65 KCal
Protein: 27.10 g
Carbohydrates: 2.42 g
Fat: 17.80 g

Nutritional Information (per portion)

Energy: 1322.46 KCal
Protein: 153.36 g
Carbohydrates: 13.71 g
Fat: 100.74 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Saffron	Open Source		0.78	0.03	0.16	0.01
2		2.50	Vinegar	FSANZ		0.11	0.01	0.01	0.00
3		12.50	Extra Virgin Olive Oil	USDA	NA	105.41	0.00	0.00	11.71
4		0.75	pepper white	USDA		2.22	0.08	0.51	0.02
5		0.75	Cardamom, green	NIN		1.91	0.06	0.36	0.02
6		0.25	Egg, chicken, white, raw	FSANZ	Egg	0.12	0.03	0.00	0.00
7		25.00	Fresh Cream	Open Source	Milk	61.50	0.50	0.75	6.25
8		50.00	Cheese, processed	FSANZ	Milk	168.50	10.60	0.30	14.10
9		7.50	Oil, sunflower	FSANZ		66.32	0.00	0.00	7.50
10		1.50	Ginger, fresh	NIN		0.82	0.03	0.13	0.01
11		1.50	Green Chilli	NIN	None	26.89	63.56	3.72	0.46
12		5.00	Coriander, leaves & stem, fresh, raw	FSANZ		0.93	0.15	0.03	0.02
13		5.00	Flour, corn	FSANZ		17.45	0.03	4.18	0.03
14		0.75	Turmeric powder	NIN		2.10	0.06	0.37	0.04
15		1.50	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
16		17.50	Ginger and Garlic Paste	NIN		17.01	0.91	2.98	0.06

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
17		8.75	Lemon, flesh, raw	FSANZ		1.19	0.05	0.18	0.03
18		425.00	Chicken, poultry, thigh, skinless	NIN		849.19	77.27	0.00	60.48

Additional Description / Notes:

No additional notes provided.

N/A



Spicy Youghurt

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: Open Source, FSANZ, NIN

Portion: 01 | Size: 28.49 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	75.13 KCal
Protein:	41.98 g
Carbohydrates:	8.55 g
Fat:	1.81 g

Nutritional Information (per portion)	
Energy:	21.40 KCal
Protein:	11.96 g
Carbohydrates:	2.44 g
Fat:	0.51 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	Yogurt, plain, low fat Low Fat	Open Source	Milk	15.75	1.31	1.76	0.39
2		2.50	Lemon, flesh, raw	FSANZ		0.34	0.01	0.05	0.01
3		0.25	Coriander leaves	NIN		0.08	0.01	0.00	0.00
4		0.25	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		0.25	Cumin Powder	NIN		0.76	0.03	0.00	0.04
6		0.25	Green Chilli	NIN	None	4.48	10.59	0.62	0.08

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



ROMALI ROTI

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 421.5 g/ml

Allergen Ingredients: Gluten, Egg, Milk

Nutritional Information (per 100g)

Energy: 232.08 KCal
Protein: 6.80 g
Carbohydrates: 44.32 g
Fat: 2.63 g

Nutritional Information (per portion)

Energy: 978.23 KCal
Protein: 28.65 g
Carbohydrates: 186.79 g
Fat: 11.07 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		150.00	Wheat flour, refined	NIN	Gluten	527.72	15.54	111.41	1.14
2		75.00	Water	Open Source		0.00	0.00	0.00	0.00
3		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00
4		0.25	Egg, quial, whole, raw	NIN	Egg	0.38	0.03	0.00	0.03
5		75.00	Milk, whole, Cow	NIN	Milk	54.67	2.44	3.71	3.36
6		5.00	Banana, ripe, red	NIN		5.58	0.06	1.26	0.01
7		6.25	Sugar, white	FSANZ		25.39	0.00	6.25	0.00
8		5.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
9		100.00	Wheat flour, atta	NIN	Gluten	320.27	10.57	64.17	1.53

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

Allergen Ingredients: Gluten

Nutritional Information (per 100g)				Nutritional Information (per portion)			
Energy:		191.88 KCal		Energy:		1020.79 KCal	
Protein:		5.94 g		Protein:		31.61 g	
Carbohydrates:		37.14 g		Carbohydrates:		197.56 g	
Fat:		1.73 g		Fat:		9.21 g	

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		50.00	Wheat flour, refined	NIN	Gluten	175.91	5.18	37.13	0.38
2		5.00	Oil, sunflower	FSANZ		44.22	0.00	0.00	5.00
3		225.00	Water	Open Source		0.00	0.00	0.00	0.00
4		2.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
5		250.00	Wheat flour, atta	NIN	Gluten	800.67	26.43	160.43	3.83

Additional Description / Notes:

No additional notes provided.

N/A



SABUDANA VADA

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, FSANZ, USDA

Portion: 01 | Size: 343.75 g/ml

Allergen Ingredients: Nuts

Nutritional Information (per 100g)

Energy:	166.68 KCal
Protein:	49.23 g
Carbohydrates:	28.93 g
Fat:	3.47 g

Nutritional Information (per portion)

Energy:	572.96 KCal
Protein:	169.25 g
Carbohydrates:	99.44 g
Fat:	11.93 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		250.00	Potato, brown skin, big	NIN		174.47	3.85	37.23	0.58
2		50.00	Tapioca, pearl, dry	FSANZ		176.86	0.20	43.20	0.05
3		0.50	pepper white	USDA		1.48	0.05	0.34	0.01
4		2.50	Roasted Gram Flour	USDA		9.68	0.56	1.45	0.17
5		5.00	Flour, corn	FSANZ		17.45	0.03	4.18	0.03
6		1.00	INDIAN CHAT MASALA NATURAL SPICES	USDA		0.00	0.00	0.00	0.00
7		1.00	Salt, table, iodised	FSANZ		0.00	0.00	0.00	0.00
8		20.00	Nut, peanut, all types, roasted with oil, no salt added	FSANZ	Nuts	119.98	5.28	2.78	9.86
9		3.75	Green Chilli	NIN	None	67.22	158.90	9.31	1.14
10		1.25	Spices, ginger, ground	USDA		4.19	0.11	0.90	0.05
11		8.75	Coriander, leaves & stem, fresh, raw	FSANZ		1.63	0.26	0.06	0.03

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A

Rasmalai

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: NIN, Open Source, FSANZ

Portion: 01 | Size: 1535.5 g/ml

Allergen Ingredients: Milk

Nutritional Information (per 100g)	
Energy:	133.15 KCal
Protein:	2.66 g
Carbohydrates:	22.15 g
Fat:	3.65 g

Nutritional Information (per portion)	
Energy:	2044.53 KCal
Protein:	40.82 g
Carbohydrates:	340.06 g
Fat:	56.02 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		0.25	Cardamom, green	NIN		0.64	0.02	0.12	0.01
2		0.25	Saffron	Open Source		0.78	0.03	0.16	0.01
3		30.00	Sugar, white	FSANZ		121.89	0.00	30.00	0.00
4		500.00	Milk, whole, Cow	NIN	Milk	364.48	16.30	24.70	22.40
5		250.00	Sugar, raw	FSANZ		1009.80	0.00	248.00	0.00
6		5.00	Vinegar	FSANZ		0.22	0.02	0.03	0.00
7		750.00	Milk, whole, Cow	NIN	Milk	546.73	24.45	37.05	33.60

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.

N/A



ROGAN JOSH GRAVY

Data Reference: Sub Recipe, USDA, FSANZ, NIN, Open Source, Label Information

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling

Portion: 01 | Size: 1550.24 g/ml

Allergen Ingredients: Milk, Celery, Gluten, Mustard, Nuts, Soya, NA

Nutritional Information (per 100g)

Energy: 259.67 KCal
Protein: 13.00 g
Carbohydrates: 4.39 g
Fat: 21.02 g

Nutritional Information (per portion)

Energy: 4025.48 KCal
Protein: 201.57 g
Carbohydrates: 68.00 g
Fat: 325.91 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		25.00	GINGER GARLIC PASTE	Sub Recipe		25.40	1.20	4.28	0.00
2		2.50	Fennel bulb, raw	USDA		0.78	0.03	0.18	0.08
3		2.00	CINNAMON /CINNAMON POWDER	USDA		4.94	0.08	1.61	0.02
4		37.50	Mutton fat	USDA		337.50	0.00	0.00	37.50
5		25.00	Yoghurt, plain, unsweetened	FSANZ	Milk	18.22	0.93	0.75	1.30
6		2.50	Cumin Powder	NIN		7.61	0.35	0.00	0.42
7		3.75	Coriander Powder	NIN		10.08	0.40	0.49	0.66
8		12.50	Chilli Powder	Open Source		35.25	1.69	6.21	1.79
9		125.00	Oil, sunflower	FSANZ		1105.40	0.00	0.00	125.00
10		0.50	Cardamom, green	NIN		1.28	0.04	0.24	0.01
11		0.75	Cloves	NIN		1.40	0.04	0.14	0.06
12		0.75	Turmeric powder	NIN		2.10	0.06	0.37	0.04
13		187.50	Tomato Puree Kissan	Label Information	Celery, Gluten, Milk, Mustard, Nuts, Soya	58.13	2.44	10.31	0.94

SI		Qty/Portio n (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
14		750.00	Mutton stock	Open Source	NA	2205.0 0	187.50	0.00	157.50
15		375.00	Onion, small	NIN		212.42	6.83	43.42	0.60

Additional Description / Notes:

No additional notes provided.

N/A

ragada masala

Reference to Protocol:
FSSAI Guidance Notes on Menu Labeling
Data Reference: USDA, NIN, FSANZ, Open Source

Portion: 01 | Size: 1128 g/ml

Allergen Ingredients: Mustard, Sesame

Nutritional Information (per 100g)	
Energy:	174.92 KCal
Protein:	34.22 g
Carbohydrates:	15.79 g
Fat:	10.18 g

Nutritional Information (per portion)	
Energy:	1973.09 KCal
Protein:	386.03 g
Carbohydrates:	178.15 g
Fat:	114.80 g

Ingredients Summary (per Serving)

Sl		Qty/Portion (g)	Ingredients Name	Reference	Allergen	Energy	Protein	Carb	Fat
1		1000.00	Black-Eyed Peas (Cowpeas)	USDA		1160.00	77.30	207.60	5.30
2		15.00	Green Chilli	NIN	None	268.88	635.59	37.25	4.58
3		500.00	Onion, small	NIN		283.22	9.10	57.90	0.80
4		200.00	Oil, sunflower	FSANZ		1768.64	0.00	0.00	200.00
5		300.00	Tomato, ripe, local	NIN		58.80	2.70	8.13	1.41
6		60.00	Ginger and Garlic Paste	NIN		58.32	3.12	10.21	0.20
7		5.00	Cumin seeds	NIN		15.22	0.70	1.13	0.83
8		25.00	CHANA MASALA	USDA	Mustard, Sesame	28.00	0.88	5.07	0.44
9		10.00	Coriander Powder	NIN		26.89	1.07	1.30	1.75
10		8.00	Cumin Powder	NIN		24.36	1.11	0.00	1.33
11		15.00	Turmeric powder	NIN		42.09	1.15	7.38	0.75
12		5.00	Chilli Powder	Open Source		14.10	0.68	2.49	0.72

Additional Description / Notes:

No additional notes provided.

Note: The results are calculated using recipe submitted by client using the software. This document is generated automatically and should be used for reference purposes only.