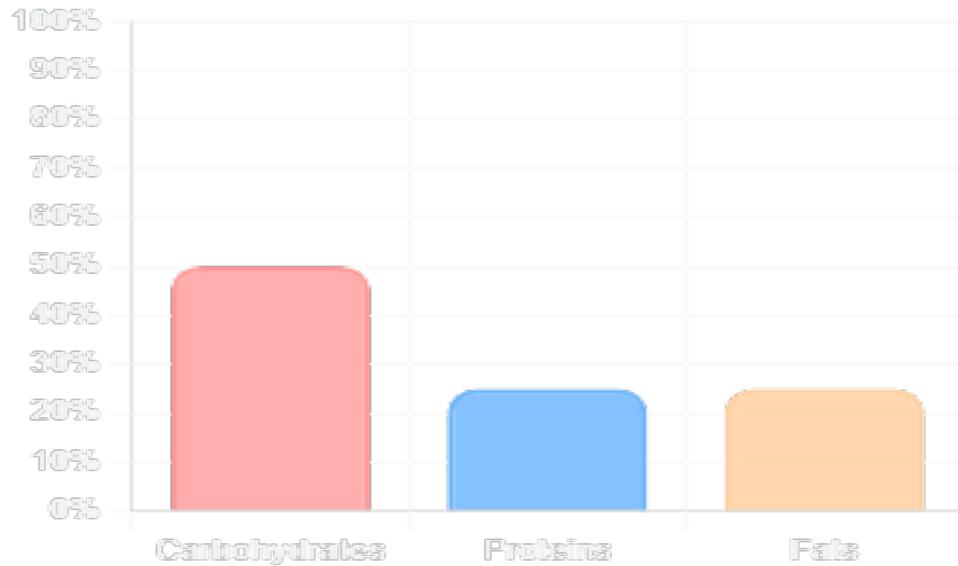


# ■ NutriX - Nutrition Report

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## Macronutrient Breakdown



## Nutrition Insights

Okay, I have analyzed the image. Based on the visual information, the dish appears to be ChickenBiryani. Here's a breakdown:

Estimated Calorie Breakdown:

Chicken Biryani (approximate values): Serving size: Assuming a generous serving of around 500g.

Rice: Approximately 300 calories (depending on the type and amount of oil used in preparation). Provides carbohydrates, the main source of energy. Chicken (2 pieces): About 350 calories (primarily protein, contributes to muscle building and repair). The image shows what looks like two chicken drumsticks. Oil/Ghee: Around 200 calories (contributes to the fat content, essential for hormone production and nutrient absorption, though moderation is key). Spices, Onions, Other Ingredients: Roughly 50 calories (contribute micronutrients and flavor).

Egg (1 hard-boiled, sliced in half): About 78 calories. It's a good source of protein and choline.

Raita (Yogurt based sauce): Approximately 80 calories. Adds probiotics and calcium.

Onion Rings: About 20 calories. Adds minimal calories but provides some fiber and flavor.

Total Estimated Calories: Approximately 1078 calories for the main serving. Nutritional Value (per serving - approximate):

Carbohydrates: Provide energy, mainly from rice. Proteins: From chicken and egg; essential for muscle building and repair. Fats: Primarily from oil/ghee used in cooking. Essential for hormone production and nutrient absorption. Fiber: From onions, spices, and possibly some vegetables used in the biryani. Micronutrients: Various vitamins and minerals from spices, onions, yogurt. Water content: Yogurt and other ingredients provide hydration.

Macronutrient Breakdown: Carbohydrates: 50%, Proteins: 25%, Fats: 25% Health Assessment:

Chicken Biryani can be a flavorful and satisfying meal, providing a balance of macronutrients. However, it can be high in calories and fats, depending on the amount of oil/ghee used in its preparation. The inclusion of raita is a good addition for probiotics and calcium. The presence of onion rings provides some added fiber.

Dietary Recommendations:

Portion Control: Be mindful of the serving size due to the high calorie content. Preparation Method: If preparing at home, reduce the amount of oil/ghee used. Consider using brown rice for increased fiber. Balance: Include a side of vegetables or salad to increase the fiber and micronutrient content. Frequency: Due to its higher calorie content, it should be consumed in moderation as part of a balanced diet.

Percentage split of ratio of carbohydrates, fats, fibers, sugars and other things required in diet:

Carbohydrates: 45-65% Fats: 20-35% Proteins: 10-35% Fiber: 25-30 grams Sugars: Limit added sugars, focus on natural sugars from fruits and vegetables.

The food (Chicken Biryani) can be healthy if consumed in moderation with controlled portion size, and it can be unhealthy if portion size isn't controlled.