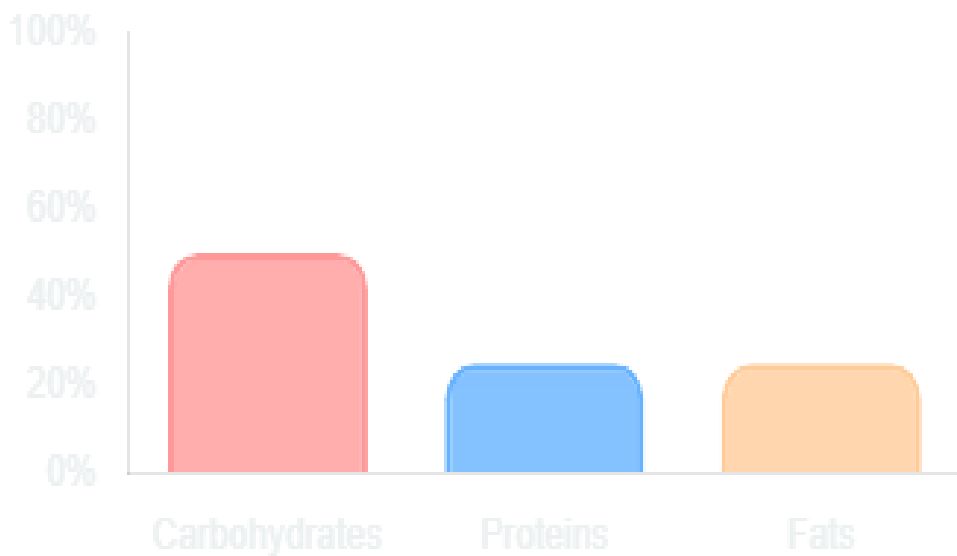


# NutriX - Nutrition Report

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## Macronutrient Breakdown



## Nutrition Insights

Okay, I will analyze the food image.

Based on the image, it appears to be Chicken Biryani. It also includes a side of what seems to be raita, red onion slices, green chillies, mint leaves and boiled eggs.

Here's a breakdown:

Chicken Biryani (estimated portion):

Calories: Approximately 600-800 calories. This can vary greatly depending on the portion size and preparation method. Key contributors are rice, chicken, and oil. Nutritional Value: Provides carbohydrates (from rice), protein (from chicken), and fats (from cooking oil and chicken). Also contains some micronutrients from spices. Ingredients include: Rice, Chicken, Oil (Ghee/Vegetable), Spices, Onions, Ginger, Garlic, Yogurt Raita (estimated portion):

Calories: Approximately 50-100 calories. Primarily from yogurt. Nutritional Value: Protein, probiotics, and calcium from yogurt. Ingredients include: Yogurt, Cucumber, Mint, Spices

Boiled Egg (1/2 portion shown in the image):

Calories: Approximately 35 calories per half, 70 calories per egg. Nutritional Value: High in protein and contains vitamins (like Vitamin D and B12) and minerals (like iron). Red Onion Slices (small portion):

Calories: Negligible, about 5-10 calories. Nutritional Value: Contains antioxidants and some fiber. Green Chilies (small portion):

Calories: Negligible. Nutritional Value: Vitamin C. Mint Leaves (garnish):

Calories: Negligible. Nutritional Value: Trace amounts of vitamins and minerals.

Total Estimated Calories: Based on these estimates, the entire meal could range from approximately 700-950 calories, potentially more depending on the exact portion sizes and oil content in the biryani.

Macronutrient Breakdown (estimated for the entire meal):

Carbohydrates: 50%, Proteins: 25%, Fats: 25%

Health Assessment:

Biryani can be a flavorful and satisfying meal. It provides a mix of macronutrients. However, it can be high in calories and potentially high in saturated fats depending on the cooking method (especially if ghee is used generously).

Dietary Recommendations:

Portion Control: Be mindful of portion sizes due to the calorie density. Balance: Incorporate more vegetables to increase fiber intake. Cooking Method: If preparing at home, use leaner cuts of chicken and reduce the amount of oil or ghee. Frequency: Biryani should be consumed in moderation.

Percentage split of ratio: Carbohydrates: 50% Fats: 25% Proteins: 25% Fiber: (Small amount, mostly from onions and spices, ideally this should be increased through more vegetables) Sugars: (Present but relatively low, mostly from onions and yogurt)

Overall, while flavorful, biryani should be eaten in moderation as part of a balanced diet. Consider adjusting ingredients and portion sizes for a healthier version.

The food is neither inherently healthy nor unhealthy. It depends on preparation methods and portion control. It can be part of a balanced diet if consumed in moderation.

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