Canteen	TECHNO EDGE
Stall Num	Stall 10
Food Type	Ramen
Operator	Indonesian Evaress Pto Ltd

Dish 1	Signature Trio Eggs Spinach Soup (Reg	rular)				Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone	•		10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water		521.3	130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		321.3	14.4	14.4	ROCK SUGAR	USDA	400.0	100	57.6	14.4
10	Egg			52.3	52.3	EGG	USDA	53	0	27.7	0.0
11	Century Egg			4.8	4.8	Generic - Century Egg	MFP	18.3	0	0.9	0.0
12	Salted Egg	Signature Trio		4.7	4.7	COOKED SALTED DUCK EGG	USDA	125	0	5.9	0.0
13	Minced Pork	Eggs Spinach Soup		51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
14	Sharp Spinach	LEES SPINACII SOUP		28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
15	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
16	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	We	ight of One Portion	521.3		521.3			Nutrie	ents of One Portion	256	14
Food	Cereals containing gluten		Eggs and egg produ		X	Peanuts, soybeans and their products		Tree nuts and nut p		X	
Allergens	Crustacean and crustacean products		Fish and fish produ			Milk and milk products		Sulphites in concen	trates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

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Dish 2	Signature Trio Eggs Spinach Soup (Sm	all Portion)				Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	14.6	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	11.1	0.0
2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water		304.2	130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		304.2	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Egg			52.3	31.4	EGG	USDA	53	0	16.6	0.0
11	Century Egg			4.8	2.9	Generic - Century Egg	MFP	18.3	0	0.5	0.0
12	Salted Egg	Signature Trio		4.7	2.8	COOKED SALTED DUCK EGG	USDA	125	0	3.5	0.0
13	Minced Pork	Eggs Spinach Soup		51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0
14	Sharp Spinach	eggs spinacii soup		28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
15	Shimeiji Mushroom			21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
16	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
	We	ight of One Portion	304.2		304.2			Nutrie	ents of One Portion	119	0
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		X	
Allergens	Crustacean and crustacean products		Fish and fish produ			Milk and milk products		Sulphites in concen	trates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish 3	Seafood Spinach Soup (Regular)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water		472.7	130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar			14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Crabmeat			7.5	7.5	Imitation Crabmeat (Po) - Crabmeat	MFP	80	6	6.0	0.5
11	Prawn, deshelled			20.0	20.0	Shrimp, steamed or boiled	USDA	91	0	18.2	0.0
12	Minced Pork	Seafood Spinach		51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
13	Sharp Spinach	Soup		28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
14	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
15	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	We	ight of One Portion	472.7		472.7				ents of One Portion	188	1
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p	roducts	Х	
Allergens	Crustacean and crustacean products	Х	Fish and fish produ	cts	Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg c		
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils							

Dish 4	Seafood Spinach Soup (Small Portion)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	14.6	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	11.1	0.0
2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water		283.6	130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar			14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Crabmeat			7.5	4.5	Imitation Crabmeat (Po) - Crabmeat	MFP	80	6	3.6	0.3
11	Prawn, deshelled			20.0	12.0	Shrimp, steamed or boiled	USDA	91	0	10.9	0.0
12	Minced Pork	Seafood Spinach		51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0
13	Sharp Spinach	Soup		28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
14	Shimeiji Mushroom			21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
15	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
		ight of One Portion			283.6				ents of One Portion	113	0
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		X	
Allergens	Crustacean and crustacean products		Fish and fish produ		Х	Milk and milk products		Sulphites in concer	ntrates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils							

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Dish 5	Sliced Fish Spinach Soup (Regular)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9		GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6		Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9		Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0		Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		511.4	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Snakehead Fish Slice			60.2		OceanJack - Snakehead fish slice	MFP	97.7	0	58.8	0.0
11	Potato Starch			0.3		POTATO STARCH	USDA	344	0	1.0	0.0
12	Water			5.1		Water, tap	USDA	0	0	0.0	0.0
13	Salt	Sliced Fish Spinach		0.6	0.6	Salt, table	HPB	0	0	0.0	0.0
14	Minced Pork	Soup		51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
15	Sharp Spinach			28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
16	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
17	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
		ight of One Portion			511.4				ents of One Portion	224	0
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		X	
Allergens	Crustacean and crustacean products		Fish and fish produ		Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg o		
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish	6 Sliced Fish Spinach Soup (Small Portice	in)				Cooking Method/ Remarks					
No	. Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	14.6	Homemade - Chicken Bone Soup Stock (MEP	75.9	0	11.1	0.0

2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		306.8	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Snakehead Fish Slice			60.2	36.1	OceanJack - Snakehead fish slice	MFP	97.7	0	35.3	0.0
11	Potato Starch			0.3	0.2	POTATO STARCH	USDA	344	0	0.6	0.0
12	Water			5.1	3.1	Water, tap	USDA	0	0	0.0	0.0
13	Salt	Sliced Fish Spinach		0.6	0.4	Salt, table	HPB	0	0	0.0	0.0
14	Minced Pork	Soup		51.2		Minced/Ground - Pork	MFP	263	0	80.8	0.0
15	Sharp Spinach			28.7		Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
16	Shimeiji Mushroom			21.6		555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
17	Spring Onion			1.7		Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
		ight of One Portion			306.8				ents of One Portion	134	0
	Cereals containing gluten		Eggs and egg produ			Peanuts, soybeans and their products		Tree nuts and nut		X	,
	Crustacean and crustacean products		Fish and fish produ		Х	Milk and milk products		Sulphites in concer	ntrates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish 7	Fried Fish Spinach Soup (Regular)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		513.0	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Fried Dory Fish			61.8	61.8	Homemade - Dory Fish, Floured and Frie	MFP	189	0	116.8	0.0
11	Potato Starch			0.3	0.3	POTATO STARCH	USDA	344	0	1.0	0.0
12	Water			5.1	5.1	Water, tap	USDA	0	0	0.0	0.0
13	Salt	Sliced Fish Spinach		0.6	0.6	Salt, table	HPB	0	0	0.0	0.0
14	Minced Pork	Soup		51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
15	Sharp Spinach			28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
16	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
17	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	We	ight of One Portion	513.0		513.0			Nutrie	ents of One Portion	282	0
	Cereals containing gluten		Eggs and egg produ			Peanuts, soybeans and their products		Tree nuts and nut p		X	
	Crustacean and crustacean products		Fish and fish produ		X	Milk and milk products		Sulphites in concen	trates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils							

Dish 8	Fried Fish Spinach Soup (Small Portion	2)				Cooking Method/ Remarks					
Distro	Theu han spinach soup (smail For doi	Combined	Components	Weight of	Weight of One	·		Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
No.	Ingredients	Components	Weight (g)	Prepration (g)	Serving (g)	Ingredient Names in Database	Data Source	(kcal)	(p)	Portion (Kcal)	Portion (g)
1	Chicken Bone	components	VVCIBIL (B)	10005.0	14.6	Homemade - Chicken Bone Soup Stock (MEP	75.9	0	11.1	0.0
2	Licorice. Dried			79.6	0.1	Licorice Allsorts - Licorice	MEP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		307.8	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Fried Dory Fish			61.8	37.1	Homemade - Dory Fish, Floured and Frie	MFP	189	0	70.1	0.0
11	Potato Starch			0.3	0.2	POTATO STARCH	USDA	344	0	0.6	0.0
12	Water			5.1	3.1	Water, tap	USDA	0	0	0.0	0.0
13	Salt	Sliced Fish Spinach		0.6	0.4	Salt, table	HPB	0	0	0.0	0.0
14	Minced Pork	Soup		51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0
15	Sharp Spinach			28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
16	Shimeiji Mushroom			21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
17	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
		ight of One Portion			307.8				ents of One Portion	169	0
	Cereals containing gluten		Eggs and egg prod		Х	Peanuts, soybeans and their products		Tree nuts and nut p		X	
	Crustacean and crustacean products		Fish and fish produ		Х	Milk and milk products		Sulphites in concer	ntrates of 10mg/kg o	·	
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils							

Dish 9	Double Mixed Fish Spinach Soup (Reg	ular)				Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		515.6	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Fried Dory Fish		313.0	61.8	31.2	Homemade - Dory Fish, Floured and Frie	MFP	189	0	59.0	0.0
11	Snakehead Fish Slice			60.2	33.2	OceanJack - Snakehead fish slice	MFP	97.7	0	32.4	0.0
12	Potato Starch			0.3	0.3	POTATO STARCH	USDA	344	0	1.0	0.0
13	Water	Sliced Fish Spinach		5.1	5.1	Water, tap	USDA	0	0	0.0	0.0
14	Salt	Soup		0.6	0.6	Salt, table	HPB	0	0	0.0	0.0
15	Minced Pork	Joup		51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
16	Sharp Spinach			28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
17	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
18	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	We	ight of One Portion	515.6		515.6			Nutrie	ents of One Portion	257	0
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		X	
Allergens	Crustacean and crustacean products	X	Fish and fish produ	cts	X	Milk and milk products		Sulphites in concen	trates of 10mg/kg o		
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ited Oils					•		

Others	> 25g of Sugar Per Serving		Partially Hydrogena	itea Olis							
Dish 10	Double Mixed Fish Spinach Soup (Sma	Il Portion)				Cooking Method/ Remarks					
No.	Ingredients	Combined	Components	Weight of	Weight of One	Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
	V	Components	Weight (g)	Prepration (g)	Serving (g)	· · ·		(kcal)	(g)	Portion (Kcal)	Portion (g)
1	Chicken Bone			10005.0	14.6	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	11.1	0.0
2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar		335.1	14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Fried Dory Fish		333.1	61.8	31.2	Homemade - Dory Fish, Floured and Frie	MFP	189	0	59.0	0.0
11	Snakehead Fish Slice			60.2	33.2	OceanJack - Snakehead fish slice	MFP	97.7	0	32.4	0.0
12	Potato Starch			0.3	0.2	POTATO STARCH	USDA	344	0	0.6	0.0
13	Water	Sliced Fish Spinach		5.1	3.1	Water, tap	USDA	0	0	0.0	0.0
14	Salt	Soup		0.6	0.4	Salt, table	HPB	0	0	0.0	0.0
15	Minced Pork	Joup		51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0
16	Sharp Spinach			28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
17	Shimeiji Mushroom			21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
18	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
	We	ight of One Portion	335.1		335.1				ents of One Portion	191	0
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		Х	,
Allergens	Crustacean and crustacean products		Fish and fish produ		Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg o		
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ited Oils							

Dish 11	Fresh Mushrooms with Ramen (Regul	ar)				Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0

4	Old Ginger		1	4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water		493.7	130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar			14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Shitake Mushroom			15.0	15.0	SLICED SHITAKE MUSHROOMS	USDA	36	2.38	5.4	0.4
11	Enoki Mushroom			20.7	20.7	Mushrooms, enoki, raw	MFP	37	0	7.7	0.0
12	Sharp Spinach	Ramen		12.6	12.6	Fresh - Sharp Spinach	MFP	8.7	0	1.1	0.0
13	Shimeiji Mushroom	Kaillell		21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
14	Ramen			80.1	80.1	RAMEN	USDA	327	5.45	261.9	4.4
15	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	Wei	ght of One Portion	493.7		493.7			Nutrie	ents of One Portion	303	5
Food	Cereals containing gluten		Eggs and egg produ		Х	Peanuts, soybeans and their products		Tree nuts and nut p		Х	
Allergens	Crustacean and crustacean products		Fish and fish produ			Milk and milk products		Sulphites in concen	trates of 10mg/kg c		
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish 12	Fresh Mushrooms with Ramen (Small	Portion)				Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone			10005.0	14.6	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	11.1	0.0
2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger	Soup Base		0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water		296.2	130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar			14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Shitake Mushroom			15.0	9.0	SLICED SHITAKE MUSHROOMS	USDA	36	2.38	3.2	0.2
11	Enoki Mushroom			20.7	12.4	Mushrooms, enoki, raw	MFP	37	0	4.6	0.0
12	Sharp Spinach	Ramen		12.6	7.6	Fresh - Sharp Spinach	MFP	8.7	0	0.7	0.0
13	Shimeiji Mushroom	Kallieli		21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
14	Ramen			80.1	48.1	RAMEN	USDA	327	5.45	157.2	2.6
15	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
		ight of One Portion	296.2		296.2			Nutrie	ents of One Portion	182	3
Food	Cereals containing gluten	X	Eggs and egg produ		Х	Peanuts, soybeans and their products	ts Tree nuts and nut products			Х	
	Crustacean and crustacean products		Fish and fish produ			Milk and milk products	Sulphites in concentrates of 10mg/kg				
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish 13	Mala Dry Ramen w Chicken Cheeseba	ls				Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)	
1	Garlic			4.2	4.2	Garlic	MFP	149	10	6.3	0.4	
2	Shallot			2.8	2.8	Generic - Shallot, Raw	MFP	700	8	19.6	0.2	
3	Old Ginger			0.3	0.3	GINGER	USDA	125	0	0.4	0.0	
4	Chili Powder			8.4	8.4	Chili Powder - Generic Ground Chili Pow	MFP	146.7	0	12.3	0.0	
5	Peppercorn	Mala Paste		1.2	1.2	PEPPERCORNS	USDA	250	0	3.0	0.0	
6	Salt			1.4	1.4	Salt, table	HPB	0	0	0.0	0.0	
7	MSG		237.6	2.1	2.1	Ajinomoto - MSG	MFP	0	0	0.0	0.0	
8	Sugar			237.6	257.0	1.4	1.4	SUGAR	USDA	375.0	100	5.3
9	Sunflower Oil			28.2	28.2	Natura Sunflower Oil - Sunflower Oil	MFP	813.3	0	229.4	0.0	
10	Chicken Cheese Ball			20.7	20.7	Beachbody - Chicken Cheese Ball	MFP	140	8	29.0	1.7	
11	Minced Pork			12.6	30.0	Minced/Ground - Pork	MFP	263	0	78.9	0.0	
12	Onsen Egg	Ramen		21.6	55.1	EGG	USDA	53	0	29.2	0.0	
13	Ramen			80.1	80.1	RAMEN	USDA	327	5.45	261.9	4.4	
14	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0	
		ight of One Portion	237.6		237.6		Nutrients of One Portion		ents of One Portion	676	8	
Food	Cereals containing gluten	X	Eggs and egg produ	icts	X	Peanuts, soybeans and their products	cts X Tree nuts and nut products		roducts	X		
Allergens	Crustacean and crustacean products		Fish and fish produ			Milk and milk products	Х	Sulphites in concen	trates of 10mg/kg o			
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils								

Dish 14	Mala Dry Ramen w Fuzhou Fishballs					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Garlic			4.2	4.2	Garlic	MFP	149	10	6.3	0.4
2	Shallot			2.8	2.8	Generic - Shallot, Raw	MFP	700	8	19.6	0.2
3	Old Ginger			0.3	0.3	GINGER	USDA	125	0	0.4	0.0
4	Chili Powder			8.4	8.4	Chili Powder - Generic Ground Chili Pow	MFP	146.7	0	12.3	0.0
5	Peppercorn	Mala Paste		1.2	1.2	PEPPERCORNS	USDA	250	0	3.0	0.0
6	Salt			1.4	1.4	Salt, table	HPB	0	0	0.0	0.0
7	MSG		266.9	2.1	2.1	Ajinomoto - MSG	MFP	0	0	0.0	0.0
8	Sugar		200.9	1.4	1.4	SUGAR	USDA	375.0	100	5.3	1.4
9	Sunflower Oil			28.2	28.2	Natura Sunflower Oil - Sunflower Oil	MFP	813.3	0	229.4	0.0
10	Fuzhou Fishball			50.0	50.0	Beachbody - Chicken Cheese Ball	MFP	133.3	8	66.7	4.0
11	Minced Pork			12.6	30.0	Minced/Ground - Pork	MFP	263	0	78.9	0.0
12	Onsen Egg	Ramen		21.6	55.1	EGG	USDA	53	0	29.2	0.0
13	Ramen			80.1	80.1	RAMEN	USDA	327	5.45	261.9	4.4
14	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	We	ight of One Portion	266.9		266.9			Nutrie	ents of One Portion	713	10
Food	Cereals containing gluten	X	Eggs and egg produ	ucts	Х	Peanuts, soybeans and their products	ucts X Tree nuts and nut products			Х	
Allergens	Crustacean and crustacean products	X	Fish and fish produ	icts	Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg c		
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							

Dish 15	Mala Beef Ramen Soup					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Garlic			4.2	4.2	Garlic	MFP	149	10	6.3	0.4
2	Shallot			2.8	2.8	Generic - Shallot, Raw	MFP	700	8	19.6	0.2
3	Old Ginger			0.3	0.3	GINGER	USDA	125	0	0.4	0.0
4	Chili Powder			8.4	8.4	Chili Powder - Generic Ground Chili Pow	MFP	146.7	0	12.3	0.0
5	Peppercorn	Mala Paste		1.2	1.2	PEPPERCORNS	USDA	250	0	3.0	0.0
6	Salt			1.4	1.4	Salt, table	HPB	0	0	0.0	0.0
7	MSG			2.1	2.1	Ajinomoto - MSG	MFP	0	0	0.0	0.0
8	Sugar			1.4	1.4	SUGAR	USDA	375.0	100	5.3	1.4
9	Sunflower Oil			28.2	28.2	Natura Sunflower Oil - Sunflower Oil	MFP	813.3	0	229.4	0.0
10	Beef, Shin		393.6	50.0	50.0	Beef, New Zealand, imported, hind shin,	USDA	196	0	98.0	0.0
11	Cinnamon			0.1	0.1	Minced/Ground - Pork	MFP	263	0	0.3	0.0
12	Star Anise			0.1	0.1	Spices, anise seed	USDA	337	0	0.3	0.0
13	Blue Ginger			0.2	0.2	GINGER	USDA	125	0	0.3	0.0
14	Garlic	Ramen		0.1	0.1	Garlic	MFP	149	10	0.1	0.0
15	Rock Sugar	Raillell		0.4	0.4	ROCK SUGAR	USDA	400.0	100	1.6	0.4
16	Light Soy Sauce			7.5	7.5	Kikkoman Light Color Soy Sauce - Soy Sa	MFP	66.7	0	5.0	0.0
17	Water			203.4	203.4	Water, tap	USDA	0	0	0.0	0.0
18	Ramen			80.1	80.1	RAMEN	USDA	327	5.45	261.9	4.4
19	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
	Wei	ight of One Portion	393.6		393.6			Nutrie	ents of One Portion	644	7
Food	Cereals containing gluten	X	Eggs and egg produ	ucts	Х	Peanuts, soybeans and their products	X	Tree nuts and nut p	products	Х	
Allergens	Crustacean and crustacean products	X	Fish and fish produ	icts	Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg c		
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils							

Side 1	Egg (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined	Components	Weight of	Weight of One	Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
NO.	ingredients	Components	Weight (g)	Prepration (g)	Serving (g)	ingredient Names in Database	Data Source	(kcal)	(g)	Portion (Kcal)	Portion (g)
1	Egg	Egg	52.3	52.3	52.3	EGG	USDA	53	0	27.7	0.0
		ight of One Portion	52.3	52.3				Nutrie	ents of One Portion	28	0
Food	Cereals containing gluten		Eggs and egg produ		X	Peanuts, soybeans and their products	Tree nuts and nut products				
Allergens	Crustacean and crustacean products		Fish and fish produ	cts		Milk and milk products	Sulphites in concentrates of 10mg/				
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils			-				

Side 2	Century Egg (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Century Egg	Century Egg	5.5	5.5	5.5	Generic - Century Egg	MFP	18.3	0	1.0	0.0
	Weight of One Portion 5.5 5.5							Nutrie	ents of One Portion	1	0

Food Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and egg produ Fish and fish produ		Х	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut p Sulphites in concen			
Others	> 25g of Sugar Per Serving		Partially Hydrogena			Wilk and mik produces					
Side 3	Salted Egg (side)					Cooking Method/ Remarks		ı			
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1		Salted Egg ght of One Portion	5.6 5.6	5.6	5.6 5.6	COOKED SALTED DUCK EGG	USDA		0 ents of One Portion	7.0 7	0.0 0
Food Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and egg produ Fish and fish produ		Х	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut p Sulphites in concer			
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils				<i>"</i>	· ·		
	Wolfberry (side)	Combined	Components	Weight of	Weight of One	Cooking Method/ Remarks		Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
No.	Ingredients Wolfberry	Components Wolfberry	Weight (g) 2.4	Prepration (g)	Serving (g)	Ingredient Names in Database Goji berries, dried	Data Source USDA	(kcal) 349	(g) 45.61	Portion (Kcal) 8.4	Portion (g)
Food		ght of One Portion	2.4 Eggs and egg produ		2.4	Peanuts, soybeans and their products	OSDA		ents of One Portion	8	1
Allergens	Crustacean and crustacean products		Fish and fish produ Partially Hydrogena	cts		Milk and milk products		Sulphites in concer			
Others			raitially nyurogeni	ateu Oiis			ı				
Side 5	Spinach (side) Ingredients	Combined	Components	Weight of	Weight of One	Cooking Method/ Remarks Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
1	Spinach	Components Spinach	Weight (g) 28.7	Prepration (g) 28.7	Serving (g) 28.7	Blanched / Fresh - Sharp Spinach	MFP	(kcal) 8.7	(g) 0	Portion (Kcal) 2.5	Portion (g) 0.0
Food	Cereals containing gluten	ght of One Portion	28.7 Eggs and egg produ		28.7	Peanuts, soybeans and their products		Tree nuts and nut p		2	0
	Crustacean and crustacean products > 25g of Sugar Per Serving		Fish and fish produ Partially Hydrogena			Milk and milk products		Sulphites in concer	trates of 10mg/kg c		
Side 6	Minced Pork (side)				· 	Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1 2	Minced Pork Sunflower Oil	Stir Fried Minced Pork	51.4	51.2 0.2	51.2	Minced/Ground - Pork Natura Sunflower Oil - Sunflower Oil	MFP	263 813.3	0	134.7 1.6	0.0
	Wei	ght of One Portion	51.4 Eggs and egg produ		51.4		IVIFF		ents of One Portion	135	0
Allergens			Fish and fish produ	cts		Peanuts, soybeans and their products Milk and milk products		Sulphites in concen			
Others			Partially Hydrogen	ated OilS							
Side 7	Sliced Fish (side)	Combined	Components	Weight of	Weight of One	Cooking Method/ Remarks Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
1	Snakehead Fish Slice	Components Spinach	Weight (g) 60.2	Prepration (g) 60.2	Serving (g) 60.2	OceanJack - Snakehead fish slice	MFP	(kcal) 97.7	(g) 0	Portion (Kcal) 58.8	Portion (g) 0.0
Food		ght of One Portion	60.2 Eggs and egg produ		60.2	Peanuts, soybeans and their products		Nutrie Tree nuts and nut p	ents of One Portion products	59	0
	Crustacean and crustacean products > 25g of Sugar Per Serving		Fish and fish produ Partially Hydrogena		х	Milk and milk products			trates of 10mg/kg c		
	Fried Fish (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined	Components	Weight of	Weight of One	Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
1		Components Fried Dory Fish	Weight (g) 60.2	Prepration (g) 61.8	Serving (g) 61.8	Homemade - Dory Fish, Floured and Frie	MFP	(kcal) 189	(g) 0	Portion (Kcal) 116.8	Portion (g) 0.0
Food	Cereals containing gluten	ght of One Portion X	60.2 Eggs and egg produ		61.8	Peanuts, soybeans and their products		Tree nuts and nut p		117	0
Allergens Others	Crustacean and crustacean products > 25g of Sugar Per Serving		Fish and fish produ Partially Hydrogena		Х	Milk and milk products		Sulphites in concen	trates of 10mg/kg o		
Side 9	Prawns (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1		Prawns ght of One Portion	60.2 60.2	60.2	60.2 60.2	Shrimp, steamed or boiled	USDA	91	0 ents of One Portion	54.8 55	0.0
Food Allergens	Cereals containing gluten Crustacean and crustacean products	х	Eggs and egg produ			Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut p			
Others		^	Partially Hydrogen			IVIIIK AND THIIK Products		Suprites in concen	icrutes or zorng/ kg c		
Side 10	Chicken Cheeseballs (side)				1	Cooking Method/ Remarks		1 -			
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Cheese Ball	Chicken Cheeseball	67.3	67.3	67.3	Beachbody - Chicken Cheese Ball	MFP	140	8	94.2	5.4
Food	Cereals containing gluten	ght of One Portion X	67.3 Eggs and egg produ		67.3 X	Peanuts, soybeans and their products		Tree nuts and nut p		94	5
	Crustacean and crustacean products > 25g of Sugar Per Serving		Fish and fish produ Partially Hydrogena			Milk and milk products	Х	Sulphites in concen	trates of 10mg/kg o		
	Fuzhou Fishballs (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Fuzhou Fishball	Chicken	70.1	70.1	70.1	Beachbody - Chicken Cheese Ball	MFP	133.3	8	93.4	5.6
		Cheeseball ght of One Portion	70.1		70.1				ents of One Portion	93	6
Food Allergens		Х	Eggs and egg produ Fish and fish produ	cts	X X	Peanuts, soybeans and their products Milk and milk products	Х	Tree nuts and nut p Sulphites in concen			
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Uils							
Side 12	Sliced Beef (side)	Combined	Components	Weight of	Weight of One	Cooking Method/ Remarks Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
1	Ingredients Beef, Shin	Components	Weight (g)	Prepration (g) 50.0	Serving (g) 50.0	Beef, New Zealand, imported, hind shin,	USDA USDA	(kcal) 196	(g) 0	Portion (Kcal) 98.0	Portion (g) 0.0
2	Cinnamon Star Anise			0.1 0.1	0.1 0.1	Minced/Ground - Pork Spices, anise seed	MFP USDA	263 337	0	0.3	0.0
4 5				0.2	0.2	GINGER	USDA	125 149	0	0.3 0.1	0.0
	Blue Ginger Garlic	Grilled Beef	58.6		0.1	Garlic	MED				0.4
6	Garlic Rock Sugar	Grilled Beef	58.6	0.1	0.1 0.4 7.5	Garlic ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa	USDA MEP	400.0	100	1.6	
	Garlic Rock Sugar Light Soy Sauce Sunflower Oil			0.1	0.4 7.5 0.2			400.0 66.7 813.3	0	1.6 5.0 1.6	0.0
6 7 8 Food	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten	Grilled Beef	58.6 Eggs and egg produ	0.1 0.4 7.5 0.2	0.4 7.5	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products	USDA MFP	400.0 66.7 813.3 Nutrie	0 0 ents of One Portion products	1.6 5.0	0.0
6 7 8	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei	ght of One Portion	58.6	0.1 0.4 7.5 0.2	0.4 7.5 0.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil	USDA MFP MFP	400.0 66.7 813.3 Nutrie	0 0 ents of One Portion	1.6 5.0 1.6 107	0.0
6 7 8 Food Allergens Others	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products	ght of One Portion	58.6 Eggs and egg produ Fish and fish produ	0.1 0.4 7.5 0.2 ucts cts ated Oils	0.4 7.5 0.2 58.6	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products	USDA MFP MFP	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen	0 0 ents of One Portion products strates of 10mg/kg c	1.6 5.0 1.6 107 X	0.0 0.0 0
6 7 8 Food Allergens Others Side 13	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients	ght of One Portion	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g)	0.1 0.4 7.5 0.2 Justs cts ated Oils Weight of Prepration (g)	0.4 7.5 0.2 58.6 Weight of One Serving (g)	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database	USDA MFP MFP X Data Source	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen	0 0 ents of One Portion or oducts atrates of 10mg/kg c	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal)	0.0 0.0 0
6 7 8 Food Allergens Others	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) White Rice White Rice	ght of One Portion Combined	58.6 Eggs and egg produ Fish and fish produ Partially Hydrogen: Components	0.1 0.4 7.5 0.2 icts cts ated Oils Weight of	0.4 7.5 0.2 58.6	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks	USDA MEP MEP	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concern Energy Per 100g (kcal) 129	0 0 ents of One Portion products strates of 10mg/kg c	1.6 5.0 1.6 107 X	0.0 0.0 0
Food Allergens Others Side 13 No. 1	Garlic Rock Sugar Ught Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten	ght of One Portion Combined Components White Rice	58.6 Eggs and egg produ Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2	0.1 0.4 7.5 0.2 Jetts cts tetd Oils Weight of Prepration (g) 180.2	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products	USDA MFP MFP X Data Source	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen (kcal) 129 Nutrie Tree nuts and nut p	0 0 0 ents of One Portion products strates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal) 232.5	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2
Food Allergens Others Side 13 No. 1	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten	ght of One Portion Combined Components White Rice	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2 Eggs and egg prodi	0.1 0.4 7.5 0.2 cts cts ted Oils Weight of Prepration (g) 180.2	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat	USDA MFP MFP X Data Source	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen (kcal) 129 Nutrie Tree nuts and nut p	o o o o o o o o o o o o o o o o o o o	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal) 232.5	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2
Food Allergens Others Side 13 No. 1 Food Allergens	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten Wei Cereals and crustacean products	Combined Components White Rice ght of One Portion	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen:	0.1 0.4 7.5 0.2 sets cts ated Oils Weight of Prepration (g) 180.2	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products	USDA MFP MFP X Data Source	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut p Sulphites in concen	0 0 onts of One Portion products trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion products trates of 10mg/kg c	1.6 5.0 1.6 1.07 X Energy Per Recipe Portion (Kcal) 232.5 232	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2 0
Food Allergens Others Side 13 No. 1 Food Allergens Others Side 14 No.	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side)	Combined Components White Rice ght of One Portion Combined Components	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g)	0.1 0.4 7.5 0.2 ucts cts ated Oils Weight of Prepration (g) 180.2 ucts tts tts tts tts tts tts tts tts tts	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2 Weight of One Serving (g)	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Ingredient Names in Database	USDA MFP MFP X Data Source USDA	400.0 66.7 813.3 Nutrie nuts and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut p Sulphites in concen Sulphites in concen	0 0 0 ents of One Portion roducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion roducts trates of 10mg/kg c	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal)	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2 0 Sugar Per Recipe
Food Allergens Others Side 13 No. 1 Food Allergens Others Side 14 No. 1	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon Wei	Combined Components White Rice ght of One Portion	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen. Components Weight (g) 180.2 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen. Components Weight (g) 198.5	0.1 0.4 7.5 0.2 0.2 cts ated Oils Weight of Prepration (g) 180.2 tts tts tts tts tts tts tts tts tts t	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2 Weight of One	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Cooking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon	USDA MFP MFP X Data Source USDA	400.0 66.7 813.3 Nutries and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutries Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 139 Nutries Nutries Nutries Nutries Nutries Nutries Nutries Nutries	0 0 0 ents of One Portion roducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion roducts trates of 10mg/kg c	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kral) 232.5 232	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0
Food Allergens Others Side 13 No. 1 Food Allergens Others Side 14 No.	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Gide) Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon (side)	Combined Components White Rice ght of One Portion Combined Components This Rice Combined Components Thick Bee Hoon	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 198.5 Eggs and egg prodi Fish and fish produ	0.1 0.4 7.5 0.2 0.2 ucts cts ated Oils Weight of Prepration (g) 180.2 tts ated Oils Weight of Prepration (g) 190.5 Weight of Prepration (g) 198.5	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 Weight of One Serving (g) 180.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Ingredient Names in Database	USDA MFP MFP X Data Source USDA	400.0 66.7 813.3 Nutrie Tree nuts and nut g Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut g Sulphites in concen Energy Per 100g (kcal) 139	0 0 nents of One Portion oroducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion oroducts strates of 10mg/kg c Sugar Per 100g (g) 0.1 Sugar Per 100g (g) One One Portion oroducts of One Portion oroducts	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal) 275.9	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2 0 Sugar Per Recipe Portion (g) 0.0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Food Allergens Others Side 13 No. 1 Food Allergens Others Side 14 No. 1 Food Food Allergens Others	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ungredients White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Thick Bee Hoon Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving	Combined Components White Rice ght of One Portion Combined Components This Rice Combined Components Thick Bee Hoon	58.6 Eggs and egg prode Fish and fish produ Partially Hydrogen. Components Weight (g) 180.2 Eggs and egg prode Fish and fish produ Partially Hydrogen. Components Weight (g) 198.5 198.5 Eggs and egg prode 198.5 Eggs and egg prode	0.1 0.4 7.5 0.2 0.2 ucts cts ated Oils Weight of Prepration (g) 180.2 tts ated Oils Weight of Prepration (g) 190.5 Weight of Prepration (g) 198.5	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 Weight of One Serving (g) 180.2	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Cooking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon Peanuts, soybeans and their products	USDA MFP MFP X Data Source USDA	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 139 Nutrie	0 0 nents of One Portion oroducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion oroducts strates of 10mg/kg c Sugar Per 100g (g) 0.1 Sugar Per 100g (g) One One Portion oroducts of One Portion oroducts	1.6 5.0 1.6 107 X Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal) 275.9	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2 0 Sugar Per Recipe Portion (g) 0.0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
6 7 8 Food Alliergens Others Side 13 No. 1 No. Side 14 No. 1 Food Alliergens Others Side 14 Side 14 Side 14 Side 15	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon (side) Wei Cereals containing gluten Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Wei Cereals containing gluten Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving	Combined Components White Rice ght of One Portion Combined Components Thick Bee Hoon ght of One Portion	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen. Components Weight (g) 180.2 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen. Components Weight (g) 198.5 Eggs and egg prodi Fish and fish produ Partially Hydrogen.	0.1 0.4 7.5 0.2 cts cts ated Oils Weight of Prepration (g) 180.2 uts tts ted Oils Weight of Prepration (g) 180.2 uts tts tts ated Oils	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2 Weight of One Serving (s) 190.5	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Looking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks	USDA Data Source USDA Data Source MFP	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 139 Nutrie Tree nuts and nut p Sulphites in concen Sulphites in concen Sulphites in concen	0 0 0 ents of One Portion roducts trates of 10mg/kg c (g) 0.1 ents of One Portion roducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 Sugar Per 100g (g) 0 ents of One Portion roducts trates of 10mg/kg c ents of One Portion roducts trates of 10mg/kg c	1.6 5.0 1.6 1.07 X Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal) 275.9 276	0.0 0.0 0 Sugar Per Recipe Portion (g) 0.2 0 Sugar Per Recipe Portion (g) 0.0 0 0
6 7 8 8 Food Allergens Others Side 13 No. 1 Food Allergens Others Side 14 No. 1 Food Allergens Side 14 No. Side 15 No.	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon (side) Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Think Bee Hoon (side) Ingredients Think Bee Hoon (side)	Combined Components White Rice Components Thick Bee Hoon ght of One Portion Combined Components	58.6 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 180.2 180.2 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) 198.5 Eggs and egg prodi Fish and fish produ Partially Hydrogen: Components Weight (g) Partially Hydrogen: Components Weight (g) Components Weight (g)	0.1 0.4 7.5 0.2 0.2 cts ated Oils Weight of Prepration (g) 180.2 tts ated Oils Weight of Prepration (g) 198.5 weight of Prepration (g) 198.5 tts ated Oils	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2 Weight of One Serving (g) 198.5 198.5	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon Peanuts, soybeans and their products Milk and milk products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Ingredient Names in Database	USDA Data Source MFP Data Source Data Source MFP	400.0 66.7 813.3 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 139 Nutrie Tree nuts and nut p Sulphites in concen Energy Per 100g (kcal) 139 Nutrie Tree nuts and nut p Sulphites in concen	0 0 ents of One Portion roducts trates of 10mg/kg c Sugar Per 100g (g) 0.1 ents of One Portion roducts trates of 10mg/kg c Sugar Per 100g (g) 0 ents of One Portion roducts trates of 10mg/kg c	1.6 5.0 1.6 1.07 X Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal) 275.9 276	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0.2 0 Sugar Per Recipe Portion (g) 0.0 0 Sugar Per Recipe Portion (g) 0.0 0
6 7 8 8 Food Alliergens Others Side 13 No. 1 Food Allergens Others Side 14 No. 1 Food Allergens Others Side 14 No. Side 15 No.	Garlic Rock Sugar Light Soy Sauce Sunflower Oil Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving White Rice (side) Ingredients White Rice Wee Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon (side) Ingredients Thick Bee Hoon Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thick Bee Hoon (side) Ingredients Thick Bee Hoon Wei Cereals containing gluten Crustacean and crustacean products > 25g of Sugar Per Serving Thin Bee Hoon (side) Ingredients Thin Bee Hoon (side)	Combined Components White Rice ght of One Portion Combined Components Thick Bee Hoon ght of One Portion	58.6 Eggs and egg prode Fish and fish produ Partially Hydrogen Components Weight (g) 180.2 Eggs and egg prode Fish and fish produ Partially Hydrogen Components Weight (g) 198.5 198.5 Eggs and egg prode Fish and fish produ Partially Hydrogen Partially Hydrogen Components Weight (g) 198.5 Eggs and egg prode Fish and fish produ Partially Hydrogen Components Components	0.1 0.4 7.5 0.2 0.2 cts ated Oils Weight of Prepration (g) 180.2 tts ated Oils Weight of Prepration (g) 198.5 Weight of Prepration (g) 198.5 Weight of Prepration (g) 198.5	0.4 7.5 0.2 58.6 Weight of One Serving (g) 180.2 180.2 Weight of One Serving (g) 198.5 198.5	ROCK SUGAR Kikkoman Light Color Soy Sauce - Soy Sa Natura Sunflower Oil - Sunflower Oil Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Rice, white, cooked, no added fat Peanuts, soybeans and their products Milk and milk products Looking Method/ Remarks Ingredient Names in Database Hock Hin - Thick Bee Hoon Peanuts, soybeans and their products Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks	USDA Data Source USDA Data Source MFP	400.0 66.7 813.3 Nutrie Tree nuts and nut g Sulphites in concen Energy Per 100g (kcal) 129 Nutrie Tree nuts and nut g Sulphites in concen Energy Per 100g (kcal) 139 Nutrie Tree nuts and nut g Sulphites in concen Energy Per 100g (kcal) 139 Energy Per 100g (kcal) 126	O O Dents of One Portion Products trates of 10mg/kg c (g) O.1. One Portion Products trates of 10mg/kg c (g) O.1. One Portion Products trates of 10mg/kg c (g) O O Dents of One Portion Products trates of 10mg/kg c (g) O O Dents of One Portion Products trates of 10mg/kg c (g) O O Dents of One Portion Products of One Portion Products trates of 10mg/kg c (g) O O Dents of One Portion Products (g) O O Dents of One Portion Products (g) O Dents O Dents (g) O Dents O Dents (g) O	Energy Per Recipe Portion (Kcal) 232.5 232 Energy Per Recipe Portion (Kcal) 237.5 236 Energy Per Recipe Portion (Kcal) 275.9 276	0.0 0.0 0 0 Sugar Per Recipe Portion (g) 0 0 Sugar Per Recipe Portion (g) 0 0 Sugar Per Recipe O 0 Sugar Per Recipe

Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils							
Side 16	Brown Rice (side)					Cooking Method/ Remarks					
	to and to the	Combined	Components	Weight of	Weight of One	Ingredient Names in Database	D-4- C	Energy Per 100g	Sugar Per 100g	Energy Per Recipe	Sugar Per Recipe
No.	Ingredients	Components	Weight (g)	Prepration (g)	Serving (g)	ingredient Names in Database	Data Source	(kcal)	(g)	Portion (Kcal)	Portion (g)
1		Brown Rice	178.5	178.5	178.5	Rice, brown, cooked, no added fat	USDA	122	0.24	217.8	0.4
	Weight of One Portion 178.5 178						•	Nutrie	ents of One Portion	218	0
Food	Cereals containing gluten		Eggs and egg produ	icts		Peanuts, soybeans and their products		Tree nuts and nut p	oroducts		
Allergens	Crustacean and crustacean products		Fish and fish produ	cts		Milk and milk products Sulphites in concentrates of 10mg/					
Others	> 25g of Sugar Per Serving		Partially Hydrogena	ated Oils			•				
	·	,									

Side 17	Koka Noodle (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1		Koka Noodle	84.8	84.8	84.8	Koka - Instant Noodle	MFP	337.6	4.7	286.3	4.0
	We	ight of One Portion	84.8		84.8			Nutrie	ents of One Portion	286	4
Food	Cereals containing gluten	Eggs and egg products		Х	Peanuts, soybeans and their products	Tree nuts and nut products		products			
Allergens	gens Crustacean and crustacean products Fish and fish products			cts		Milk and milk products		Sulphites in concen	trates of 10mg/kg o		
Others	thers > 25g of Sugar Per Serving Partially Hydrogenated Oils							•			

Side 18	Ee Mee (side)					Cooking Method/ Remarks					
No.	Ingredients	Combined	Components Weight (g)	Weight of	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g	Sugar Per 100g	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
		Components		Prepration (g)				(kcal)	(g)		Portion (g)
1		Ee Mee	75.4	75.4	75.4	Ee Kee - Noodles (Yee Mee)	MFP	500	2.8	377.0	2.1
	Weight of One Portion 75.4								ents of One Portion	377	2
Food					Х	Peanuts, soybeans and their products		Tree nuts and nut p			
Allergens	llergens Crustacean and crustacean products Fish and fish products				Milk and milk products		Sulphites in concen	trates of 10mg/kg o			
Others	Others > 25g of Sugar Per Serving Partially Hydrogenated Oils						•				

Side 19	Ramen (side)		Cooking Method/ Remarks								
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Prepration (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Ramen	Ramen	80.1	80.1	80.1	RAMEN	USDA	327	5.45	261.9	4.4
	Weight of One Portion 80.1 80.1				80.1	Nutrients of One Portion				262	4
Food	Cereals containing gluten	X	Eggs and egg products		Х	Peanuts, soybeans and their products		Tree nuts and nut products			
Allergens	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg c			
Others	> 25g of Sugar Per Serving		Partially Hydrogen	ated Oils				•			