

Content	Techno Edge
Food Type	Chicken Rice
Operator	San Eze Chicken Rice

Dish 1 Roasted Chicken Rice			Cooking Method/ Remarks																			
No.	Ingredients	Combined Components	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate % Per 100g	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrat e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)
1	Chicken Oil (Chicken Fat)	Chicken Rice (Flavoured rice only)	242.1	8.7	Fat, chicken	USDA	900	0	99.8	29.8	0	0	0	0	78.4	0.0	8.7	2.6	0.0	0.0	0.0	0.0
2	Garlic		152.3	5.5	Garlic, raw	USDA	149	6.36	0.5	0.089	1.1	30.96	1	17	8.2	0.3	0.0	0.0	0.1	1.7	0.1	0.9
3	Onion		157.2	5.7	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	1.7	0.1	0.0	0.0	0.1	0.3	0.3	0.6
4	Ginger		54.0	1.9	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1
5	Pandan Leaf (Screwpine Leaf)		159.3	5.7	Pandan leaf, raw	HPB	35	1.9	0.8	0	5.2	10.1	0	0	3.2	0.1	0.0	0.0	0.3	0.6	0.0	0.0
6	Salt		187.8	6.8	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2646.3
7	Sugar		101.2	3.6	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	13.9	0.0	0.0	0.0	0.0	3.6	3.6	0.0
8	Chicken Seasoning Powder, Knorr Brand		98.6	3.5	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	8.3	0.4	0.1	0.1	0.0	1.2	0.3	600.0
9	White Rice, cooked		5884.6	211.7	White rice cooked	HPB	140	2.8	0.5	0.1	0.4	31.1	0.1	5	296.3	5.9	1.1	0.2	0.8	65.8	0.7	10.6
10	Chickens, unspecified, with skin, roasted		60.0	60.0	Roasted chicken	HPB	226.91	27.27	12.72	3.93	0.55	0.85	0.01	416	136.1	16.4	7.6	2.4	0.3	0.5	0.0	249.6
11	White Vinegar	Roasted Chicken Seasoning	4876.5	8.8	Vinegar, white	HPB	3	0.1	0.6	0	0	0	0	226	0.3	0.0	0.1	0.0	0.0	0.0	0.0	19.8
12	Sugar		486.4	0.9	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	13.9	0.0	0.0	0.0	0.0	0.9	0.9	0.0
13	Salt		698.6	1.3	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	491.7
14	Light Soy Sauce		649.5	1.2	Soya sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	###	0.6	0.1	0.0	0.0	0.0	0.1	0.1	59.0
15	Water	Cucumber	1477.1	2.7	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16	Cucumber Slice, raw		28.5	28.5	Cucumber, raw	HPB	16.013	0.5	0	0	0.6	3.4	3.4	13	4.6	0.1	0.0	0.0	0.2	1.0	1.0	3.7
Weight of One Portion			356.3	356.3	Nutrients of One Portion																	
Food Allergens			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cereals containing gluten			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Crustacean and crustacean products			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Eggs and egg products			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fish and fish products			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Milk and milk products			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tree nuts and nut products			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sulphites in concentrates			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
> 25g of Sugar Per Serving			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Dish 2 White Chicken Rice			Cooking Method/ Remarks																				
No.	Ingredients	Combined Component s	Weight of Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)
1	Chicken Oil (Chicken Fat)	Chicken Rice (Flavoured rice only)		242.1	8.7	Fat, chicken	USDA	900	0	99.8	29.8	0	0	0	0	78.4	0.0	8.7	2.6	0.0	0.0	0.0	0.0
2	Garlic		152.3	5.5	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	8.2	0.3	0.0	0.0	0.1	1.7	0.1	0.9	
3	Onion		157.2	5.7	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	1.7	0.1	0.0	0.0	0.1	0.3	0.3	0.6	
4	Ginger		54.0	1.9	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	
5	Pandan Leaf (Screwpine Leaf)		159.3	5.7	Pandan leaf, raw	HPB	35	1.9	0.8	0	5.2	10.1	0	0	3.2	0.1	0.0	0.0	0.3	0.6	0.0	0.0	
6	Salt		187.8	6.8	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2646.3	
7	Sugar		101.2	3.6	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	13.9	0.0	0.0	0.0	0.0	3.6	3.6	0.0	
8	Chicken Seasoning Powder, Knorr Brand		98.6	3.5	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	8.3	0.4	0.1	0.1	0.0	1.2	0.3	600.0	
9	White Rice, cooked			5884.6	211.7	White rice cooked	HPB	140	2.8	0.5	0.1	0.4	31.1	0.1	5	296.3	5.9	1.1	0.2	0.8	65.8	0.7	10.6
10	Chickens, unspecified, with skin, roasted		59.8	59.8	59.8	59.8	Roasted chicken	HPB	226.91	27.27	12.72	3.93	0.55	0.85	416	136.1	16.4	7.6	2.4	0.3	0.5	0.0	249.6
11	White Vinegar	Roasted Chicken Seasoning		4876.5	8.8	Vinegar, white	HPB	3	0.1	0.6	0	0	0	226	0.3	0.0	0.1	0.0	0.0	0.0	0.0	19.8	
12	Sugar		486.4	0.9	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	13.9	0.0	0.0	0.0	0.0	0.9	0.9	0.0	
13	Salt		698.6	1.3	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	491.7	
14	Light Soy Sauce		649.5	1.2	Soya sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	###	1.7	0.2	0.0	0.0	0.0	0.3	0.3	174.4	
15	Cucumber Slice, raw	Cucumber		1477.1	2.7	Water, plain	HPB	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
16	Cucumber Slice, raw		28.5	28.5	Cucumber, raw	HPB	16.013	0.5	0	0	0.6	3.4	3.4	13	4.6	0.1	0.0	0.0	0.2	1.0	1.0	3.7	
Weight of One Portion				356.4	356.4	Nutrients of One Portion																	
Food Allergens				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Cereals containing gluten				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Crustacean and crustacean products				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Eggs and egg products				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fish and fish products				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Milk and milk products				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Tree nuts and nut products				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sulphites in concentrates				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
> 25g of Sugar Per Serving				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Dish 3 Char Siew Rice			Cooking Method/ Remarks																													
No.	Ingredients	Combined Components	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)										
1	Chicken Oil (Chicken Fat)	Chicken Rice (Flavoured rice only)	242.1	8.7	Fat, chicken	USDA	900	0	99.8	29.8	0	0	0	0	78.4	0.0	8.7	2.6	0.0	0.0	0.0	0.0										
2	Garlic		152.3	5.5	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	8.2	0.3	0.0	0.0	0.1	1.7	0.1	0.9										
3	Onion		157.2	5.7	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	1.7	0.1	0.0	0.0	0.1	0.3	0.3	0.6										
4	Ginger		54.0	1.9	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1										
5	Pandan Leaf (Screwpine Leaf)		159.3	5.7	Pandan leaf, raw	HPB	35	1.9	0.8	0	5.2	10.1	0	0	3.2	0.1	0.0	0.0	0.3	0.6	0.0	0.0										
6	Salt		187.8	6.8	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2646.3										
7	Sugar		101.2	3.6	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	13.9	0.0	0.0	0.0	0.0	3.6	3.6	0.0										
8	Chicken Seasoning Powder, Knorr Brand		98.6	3.5	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	8.3	0.4	0.1	0.1	0.0	1.2	0.3	600.0										
9	White Rice, cooked		5884.6	211.7	White rice cooked	HPB	140	2.8	0.5	0.1	0.4	31.1	0.1	5	296.3	5.9	1.1	0.2	0.8	65.8	0.7	10.6										
10	Pork Belly, with skin, grilled		61.5	61.5	Roasted pork belly	HPB	387.428	23.9	31.9	13.5	0	0	0	443	238.3	14.7	19.6	8.3	0.0	0.6	0.0	272.4										
11	Knorr Chicken Food Fin	Chicken Rice (Flavoured rice only)	24.5	0.1	Green Food Colourant (NN5)	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0										
12	Sugar		298.5	10.7	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	40.8	0.0	0.0	0.0	0.0	10.7	10.7	0.0										
13	Onion		296.6	1.1	Onion, large	HPB	70.0	2.3	0.2	0.001	0.001	14.7	14.7	###	0.7	0.0	0.0	0.0	0.0	0.2	0.2	41.0										
14	With Soy Sauce		14.8	0.1	Soy Sauce, dark	USDA	30	4.4	0	0	0	0	0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	86.4										
15	Pan-Fry Shrimp	Chicken Rice (Flavoured rice only)	97.7	0.3	Sauce, soy, dark, savory	HPB	7.8	0.4	0	0	23.9	8.12	###	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.1										
16	Onion		102.6	0.4	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0										
17	Garlic		99.4	0.4	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0										
18	Salt		80.0	0.2	Salt, table	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	70.0										
19	Cucumber, slice	Cucumber	28.5	28.5	Cucumber, raw	HPB	16.013	0.5	0	0	0.6	3.4	3.4	13	4.6	0.1	0.0	0.0	0.2	1.0	1.0	3.7										
Weight of One Portion			357.9	357.9											Nutrients of One Portion										697	25.9	29.6	11.2	1.6	86.1	16.7	3748
Food			Cereals, containing grains			Peanuts, soybeans and their products			Tree nuts and nut products			X			2.5g of Sugar Per Serving																	
Add-on			Custard and custard-like products			Milk and milk products			X			Sulphites in concentrates																				
			X			Fish and fish products																										

Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut prod	X	> 25g of Sugar Per Serving														
Food Allergens		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products	X	Sulphites in concentrates																
Dish 9 White Chicken Noodles (Egg Noodles) - Regular																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe (Kcal)	Protein Per Recipe (g)	Total Fat Per Recipe (g)	Saturated Fat Per Recipe (g)	Dietary Fibre Per Recipe (g)	Carbohydrat e Per Recipe (g)	Sugar Per Recipe (g)	Sodium Per Recipe (mg)	
1	Egg Noodles, Blanched	Egg noodles	172.7	167.5	167.5	White Egg noodles	HPB	138.0	4.5	2.1	0.42	1.2	23.96	0.4	5	231.2	7.5	3.5	0.7	2.0	40.1	0.7	8.4	
2	Chicken Seasoning Powder, Knorr Brand	Knorr Seasoning Powder Chicken	30.8	30.8	30.8	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.2	0.6	0.2	0.1	0.0	1.8	0.5	879.7	
3	Chicken, unspecified, with skin, poached	Porkchicken	29.9	29.9	29.9	Roasted pork belly	HPB	193.834	20.6	12.3	4.7	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5	
4	Salt	White	698.6	3.7	3.7	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3	
5	Light Soy Sauce	Chicken	15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	0	###	11.7	0.2	0.0	0.0	0.0	0.3	0.1	174.4	
6	Water	Seasoning	1477.1	7.8	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	Chive Sim, blanched	Chive Sim	28.5	28.5	28.5	Boil choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut prod	X	> 25g of Sugar Per Serving						387	15.2	7.5	2.2	2.7	40.4	1.7	2583	
Food Allergens		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products	X	Sulphites in concentrates																
Dish 10 White Chicken Noodles (Egg Noodles) - Large																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe (Kcal)	Protein Per Recipe (g)	Total Fat Per Recipe (g)	Saturated Fat Per Recipe (g)	Dietary Fibre Per Recipe (g)	Carbohydrat e Per Recipe (g)	Sugar Per Recipe (g)	Sodium Per Recipe (mg)	
1	Egg Noodles, Blanched	Egg noodles	172.7	167.5	167.5	White Egg noodles	HPB	138.0	4.5	2.1	0.42	1.2	23.96	0.4	5	231.2	7.5	3.5	0.7	2.0	40.1	0.7	8.4	
2	Chicken Seasoning Powder, Knorr Brand	Knorr Seasoning Powder Chicken	30.8	30.8	30.8	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.2	0.6	0.2	0.1	0.0	1.8	0.5	879.7	
3	Chicken, unspecified, with skin, poached	Porkchicken	29.9	29.9	29.9	Roasted pork belly	HPB	193.834	20.6	12.3	4.7	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5	
4	Salt	White	698.6	3.7	3.7	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3	
5	Light Soy Sauce	Chicken	15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	0	###	11.7	0.2	0.0	0.0	0.0	0.3	0.1	174.4	
6	Water	Seasoning	1477.1	7.8	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	Chive Sim, blanched	Chive Sim	28.5	28.5	28.5	Boil choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut prod	X	> 25g of Sugar Per Serving						385	23.9	13.1	3.6	2.7	42.4	1.7	2633	
Food Allergens		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products	X	Sulphites in concentrates																
Dish 11 White Chicken Noodles (Her Fun) - Regular																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe (Kcal)	Protein Per Recipe (g)	Total Fat Per Recipe (g)	Saturated Fat Per Recipe (g)	Dietary Fibre Per Recipe (g)	Carbohydrat e Per Recipe (g)	Sugar Per Recipe (g)	Sodium Per Recipe (mg)	
1	Her Fun, Blanched	Her Fun	185.4	180.2	180.2	Kway teow, cooked	HPB	140	1.8	1.53	0.08	0.36	29.7	0	12	252.3	3.2	2.8	1.2	0.6	33.5	0.0	21.6	
2	Chicken Seasoning Powder, Knorr Brand	Knorr Seasoning Powder Chicken	30.8	30.8	30.8	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.2	0.6	0.2	0.1	0.0	1.8	0.5	879.7	
3	Chicken, unspecified, with skin, poached	Porkchicken	29.9	29.9	29.9	Roasted pork belly	HPB	193.834	20.6	12.3	4.7	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5	
4	Salt	White	698.6	3.7	3.7	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3	
5	Light Soy Sauce	Chicken	15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	0	###	11.7	0.2	0.0	0.0	0.0	0.3	0.1	174.4	
6	Water	Seasoning	1477.1	7.8	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	Chive Sim, blanched	Chive Sim	28.5	28.5	28.5	Boil choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut prod	X	> 25g of Sugar Per Serving						386	17.0	10.4	4.1	1.4	55.8	1.0	2646	
Food Allergens		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products	X	Sulphites in concentrates																
Dish 12 White Chicken Noodles (Her Fun) - Large																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe (Kcal)	Protein Per Recipe (g)	Total Fat Per Recipe (g)	Saturated Fat Per Recipe (g)	Dietary Fibre Per Recipe (g)	Carbohydrat e Per Recipe (g)	Sugar Per Recipe (g)	Sodium Per Recipe (mg)	
1	Her Fun, Blanched	Her Fun	185.4	180.2	180.2	Kway teow, cooked	HPB	140	1.8	1.53	0.08	0.36	29.7	0	12	252.3	3.2	2.8	1.2	0.6	33.5	0.0	21.6	
2	Chicken Seasoning Powder, Knorr Brand	Knorr Seasoning Powder Chicken	30.8	30.8	30.8	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.2	0.6	0.2	0.1	0.0	1.8	0.5	879.7	
3	Chicken, unspecified, with skin, poached	Porkchicken	29.9	29.9	29.9	Roasted pork belly	HPB	193.834	20.6	12.3	4.7	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5	
4	Salt	White	698.6	3.7	3.7	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3	
5	Light Soy Sauce	Chicken	15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	0	###	11.7	0.2	0.0	0.0	0.0	0.3	0.1	174.4	
6	Water	Seasoning	1477.1	7.8	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
7	Chive Sim, blanched	Chive Sim	28.5	28.5	28.5	Boil choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut prod	X	> 25g of Sugar Per Serving						386	17.0	10.4	4.1	1.4	55.8	1.0	2646	
Food Allergens		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products	X	Sulphites in concentrates																
Dish 13 Char Siew Noodles (Egg Noodles) - Regular																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe (Kcal)	Protein Per Recipe (g)	Total Fat Per Recipe (g)	Saturated Fat Per Recipe (g)	Dietary Fibre Per Recipe (g)	Carbohydrat e Per Recipe (g)	Sugar Per Recipe (g)	Sodium Per Recipe (mg)	
1	Egg Noodles, Blanched	Egg noodles	172.7	167.5	167.5	White Egg noodles	HPB	138.0	4.5	2.1	0.42	1.2	23.96	0.4	5	231.2	7.5	3.5	0.7	2.0	40.1	0.7	8.4	
2	Chicken Seasoning Powder, Knorr Brand	Knorr Seasoning Powder Chicken	30.8	30.8	30.8	Knorr Seasoning Powder Chicken	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.2	0.6	0.2	0.1	0.0	1.8	0.5	879.7	
3	Pork Belly, with skin, grilled	Roasted pork belly	30.8	30.8	30.8	Roasted pork belly	HPB	387.428	23.9	31.9	13.5	0	0.9	0	443	119.3	7.4	9.8	4.2	0.0	0.3	0.0	336.4	
4	Red Colouring Food Dye	Red Colouring Food Dye	14.5	0.1	0.1	Green food colouring (NN3)	HPB	0.0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
5	Sugar	Sugar	2985.8	10.7	10.7	Sugar, white	HPB	382.78	0	0	0	0	0	0	100	100	0	40.8	0.0	0.0	0.0	0.0	10.7	10.7
6	Oyster Sauce	Oyster Sauce	296.6	1.1	1.1	Oyster sauce	HPB	70.0	2.3	0.2	0.001	0.001	14.7	14.7	###	0.7	0.0	0.0	0.0	0.0	0.2	0.2	41.0	
7	Light Soy Sauce	Chicken	14.8	489.5	1.7	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	0	###	11.7	0.2	0.0	0.0	0.0	0.3	0.1	88.4	
8	Dark Soy Sauce	Chicken	97.7	0.3	0.3	Sauce, soy, dark, savoury	HPB	86	7.8	0.4	0	0	12.9	8.12	###	0.3	0.0	0.0	0.0	0.0	0.0	0.0	14.1	
9	Onion	Onion	102.6	0.4	0.4	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10	Garlic	Garlic	99.4	0.4	0.4	Garlic, raw, peeled	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.1	
11	Salt	Salt	50.0	0.2	0.2	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0				

4	Salt				9.8	0.9	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1														
5	Monosodium Glutamate (Ajinomoto)				50.6	4.9	Ajinomoto, MSG	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	598.4														
6	Pepper				48.8	4.7	Spices, pepper, white	USDA	296	30.4	2.12	0.626	26.2	42.41	0	0	###	12.7	0.6	0.1	0.2	1.2	4.2	0.2	16.2													
7	Five Spice Powder				52.5	5.0	Five spice powder	HPB	348.0	1	8	2.36	5.3	88	0	0	###	27	17.6	0.1	0.4	0.1	0.3	3.4	0.0	1.4												
8	Chye Sim, blanched				28.5	28.5	Boh choy or choy sum, raw	AUS	14.3	2.5	0.2	0	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2													
Weight of One Portion																																						
276.7																																						
Food Allergens																																						
Cereals containing gluten																																						
Crustaceans and crustacean products																																						
Eggs and egg products																																						
Fish and fish products																																						
Milk and milk products																																						
Peanuts, soybeans and their products																																						
Tree nuts and nut products																																						
Sulphites in concentrations																																						
> 25g of Sugar Per Serving																																						

Dish 19 Roasted Pork Noodles (Her Fun) - Regular								Cooking Method/ Remarks																		
No.	Ingredients	Combined Components	Component s	Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)		
1	Her Fun, blanched			185.4	180.2	180.2	Her Fun, blanched	HPB	140	1.8	1.53	0.48	0.36	29.7	0	0	12	252.3	3.2	2.8	1.2	0.6	33.5	0.0	21.6	
2	Chicken Seasoning Powder, Knorr Brand			30.0	30.0	30.0	Chicken Seasoning Powder, Knorr Brand	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.7	0.6	0.2	0.1	0.0	1.8	0.5	879.7		
3	Pork Belly, with skin, grilled			60.0	60.0	60.0	Roasted pork belly	HPB	387.428	23.9	31.9	13.5	0	0.9	0	###	443	116.2	7.2	9.6	4.1	0.0	0.3	0.0	132.9	
4	Salt			9.8	0.9	0.9	Salt, table	HPB	0	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1	
5	Monosodium Glutamate (Almonato)			50.6	4.9	4.9	Almonato, MSG	HPB	0	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	598.4	
6	Pepper			48.8	4.7	4.7	Spices, pepper, white	USDA	296	10.4	2.12	0.626	26.2	42.41	0	0	###	12.7	0.6	0.1	0.2	1.2	4.2	0.2	16.2	
7	Five Spice Powder			52.5	5.0	5.0	Five spice powder	HPB	348.0	1	8	2.36	5.3	88	0	0	###	27	17.6	0.1	0.4	0.1	0.3	3.4	0.0	1.4
8	Chye Sim, blanched			28.5	28.5	28.5	Boh choy or choy sum, raw	AUS	14.3	2.5	0.2	0	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Weight of One Portion				259.4		259.4												416	32.3	13.1	5.5	2.8	61.2	0.7	20.0	
Food Allergens																										
Cereals containing gluten																										
Crustaceans and crustacean products																										
Eggs and egg products																										
Fish and fish products																										
Milk and milk products																										
Peanuts, soybeans and their products																										
Tree nuts and nut products																										
Sulphites in concentrations																										
> 25g of Sugar Per Serving																										

Dish 20		Roasted Pork Noodles (Her Fun) - Large										Cooking Method/ Remarks													
No.	Ingredients	Combined Component	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrates Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)		
1	Her Fun, blanched		185.4	180.2	180.2	Kingweed Noodles in Database	HPB	140	1.8	1.53	0.48	0.36	29.7	0	0	12	252.3	3.2	2.8	1.2	0.6	33.5	0.0	21.6	
2	Chicken Seasoning Powder, Knorr Brand		30.0	30.0	30.0	Chicken Seasoning Powder, Knorr Brand	YES	235	11.6	4.1	1.9	0.2	34.5	9.8	###	12.7	0.6	0.2	0.1	0.0	1.8	0.5	879.7		
3	Pork Belly, with skin, grilled		60.0	60.0	60.0	Roasted pork belly	HPB	387.428	23.9	31.9	13.5	0	0.9	0	###	443	116.2	7.2	9.6	4.1	0.0	0.3	0.0	132.9	
4	Salt		9.8	0.9	0.9	Salt, table	HPB	0	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1	
5	Monosodium Glutamate (Almonato)		50.6	4.9	4.9	Almonato, MSG	HPB	0	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	598.4	
6	Pepper		48.8	4.7	4.7	Spices, pepper, white	USDA	296	30.4	2.12	0.626	26.2	42.41	0	0	###	12.7	0.6	0.1	0.2	1.2	4.2	0.2	16.2	
7	Five-Spice Powder		52.5	5.0	5.0	Five spice powder	HPB	348.0	1	8	2.36	5.3	88	0	0	###	27	17.6	0.1	0.4	0.1	0.3	3.4	0.0	1.4
8	Chye Sim, blanched		28.5	28.5	28.5	Boh choy or choy sum, raw	AUS	14.3	2.5	0.2	0	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	16.2	
Weight of One Portion					289.4												533	19.4	22.7	9.6	2.8	61.4	0.7	21.9	
Food Allergens																									
Cereals containing gluten																									
Crustaceans and crustacean products																									
Eggs and egg products																									
Fish and fish products																									
Milk and milk products																									
Peanuts, soybeans and their products																									
Tree nuts and nut products																									
Sulphites in concentrations																									
> 25g of Sugar Per Serving																									

Dish 21		Roasted Chicken Rice + Veg + Half Egg Set Meal																									
Cooking Method/ Remarks																											
No.	Ingredients	Combined Components	Component s	Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrates Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)			
1	Chicken Oil (Chicken Fat)	Chicken Rice (Flavoured rice only)	253.1	242.1	8.7	8.7	Fat, chicken	USDA	900	0	99.8	29.8	0	0	0	0	78.4	0.0	8.7	2.6	0.0	0.0	0.0	0.0	0.0		
2	Garlic			152.3	5.5	5.5	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	8.2	0.3	0.0	0.0	0.1	1.7	0.1	0.9	0.0		
3	Onion			157.2	5.7	5.7	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	1.7	0.1	0.0	0.0	0.1	0.3	0.3	0.6	0.0		
4	Ginger			54.0	1.9	1.9	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	0	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0		
5	Pandan Leaf (Screwpine Leaf)			159.3	5.7	5.7	Pandan leaf, raw	HPB	35	1.9	0.8	0	5.2	10.1	0	0	3.2	0.1	0.0	0.0	0.3	0.6	0.0	0.0	0.0		
6	Salt			187.8	6.8	6.8	Salt, table	HPB	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2646.3		
7	Sugar			101.2	3.6	3.6	Sugar, white	HPB	387.78	0	0	0	0	0	0	100	100	0.0	0.0	0.0	0.0	0.0	3.6	1.6	0.0		
8	Chicken Seasoning Powder, Knorr Brand			588.6	3.5	3.5	Knorr Seasoning Powder Chicken	YES	23.35	11.6	4.1	1.9	0.2	34.5	9.8	###	8.3	0.4	0.1	0.1	0.0	1.2	0.3	600.0	0.0		
9	White Rice, cooked	Roasted Chicken Seasoning	60.0	480.0	60.0	60.0	White rice cooked	HPB	140	2.8	0.5	0.1	0.4	31.1	0.1	5	296.3	5.9	1.1	0.2	0.8	65.8	0.2	10.0	0.0		
10	Chicken, unsprinked, with skin, roasted			226.59	22.7	22.7	12.72	3.91	0.55	88.5	0.01	216	18.1	16.4	7.6	2.4	0.3	0.5	0.0	285.6	0.0	0.0	0.0	285.6	0.0		
11	White Vinegar			487.65	4.8	4.8	Vinegar, white	HPB	0	0	0	0.4	0	0	0	0	0	0.26	0.0	0.1	0.1	0.1	38.9	0.0	0.0		
12	Sugar			486.4	0.9	0.9	Sugar, white	HPB	387.78	0	0	0	0	0	0	0	0	100	100	0.0	0.0	0.0	0.0	0.9	0.9	0.0	
13	Salt			698.6	1.3	1.3	Salt, table	HPB	0	0	0	0	0	0	0	0	0	###	0.0	0.0	0.0	0.0	0.0	0.0	0.0	493.7	
14	Light Soy Sauce			469.5	1.7	1.7	Soya sauce, light	HPB	0	0	0	0	0	0	0	0	0.4	0.1	0.0	0.0	0.2	0.1	0.1	89.9	0.0		
15	Water			1477.7	2.7	2.7	Water, plain	HPB	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
16	Chive, sliced			28.5	28.5	28.5	Boil chive or chow sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	0.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	36.2	0.0		
17	Branded Egg			383.1	53.6	53.6	Branded egg in soya sauce	HPB	102.0	15	13.1	1.68	0	0	0	163	2	12	48.8	2.3	0.4	0.3	15.4	0.0	147.9		
				Weight of One Portion				Nutrients of One Portion																			
				Eggs & egg products				Peanuts, soybeans and their pr				Tree nuts and nut product				≥ 5g of Sugar Per Serving											
Food				Contains containing gluten				X				X				X				X				X			

Dish 26 Curry Chicken Noodles			Cooking Method/ Remarks																						
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)		
1	Chili	Curry	244.6	105.5	21.1	Chili, raw, raw	HPB	36.09	2.8	0.7	0.1	4.8	4.5	4.5	10	7.6	0.6	0.1	0.0	1.0	4.9	0.9	2.1		
2	Garlic			9.8	2.0	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	2.9	0.1	0.0	0.0	0.0	0.6	0.0	0.3		
3	Onion			11.4	2.3	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6	4.6	11	0.7	0.0	0.0	0.0	0.0	0.1	0.1	0.3		
4	Coconut Cream			188.6	37.7	Coconut cream	HPB	73	0.2	69	61.19	0.8	27.9	0.97	33	276.5	0.1	26.0	23.1	0.3	10.5	0.4	4.4	12.4	
5	Whole Milk			489.5	97.9	Milk, whole	HPB	64	3.2	3.7	2.25	0.1	4.5	4.5	62	3.1	3.8	2.2	0.1	4.4	4.4	32.2			
6	Sugar			97.4	19.5	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	74.6	0.0	0.0	0.0	0.0	0.0	19.5	19.5	0.0	
7	Salt			46.4	9.3	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	363.3	
8	Curry Leaf			51.2	10.2	Curry leaf	HPB	112.8	3.7	1.7	0.1	0.0	14.7	1.0	10.3	1.1	0.2	0.0	1.1	1.5	0.0	0.0	0.0	0.9	
9	Shallot			10.2	2.0	Onion, shallot, raw, peeled	HPB	62	1.2	0	0	0.6	14.3	13.947	12	1.3	0.0	0.0	0.0	0.0	0.3	0.3	0.2		
10	Gold Potato (Yukon Gold)			168.8	33.8	Potato, raw with skin	HPB	73	2.5	0.1	0	2.1	15.5	3.6	20	24.6	0.8	0.0	0.0	0.7	5.2	1.2	6.8		
11	Tsuyu			44.3	8.9	Tofu	HPB	81.073	8.1	3.7	0.6	0.4	3.8	1.6	7.2	7.2	0.7	0.3	0.1	0.0	0.3	0.1	0.6		
12	Egg Noodles, blanched			167.5	167.5	Whole egg, cooked	HPB	138.0	4.5	2.1	0.42	1.2	23.96	0.4	1	232.7	7.5	3.5	0.7	2.0	40.1	0.7	8.4		
13	Chicken Seasoning Powder, Knorr Brand			172.7	5.2	Knorr Seasoning Powder Chicken	YES	235	23.5	11.6	4.1	1.9	0.2	34.5	9.8	0	169	58.0	6.2	3.7	1.4	0.0	1.8	0.5	879.7
14	Chicken, unspecified, with skin, poached			29.9	29.9	Chicken, unspecified, with skin	HPB	193.834	20.6	12.3	4.7	0	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5	
15	Salt			698.6	3.7	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3
16	Light Soy Sauce			15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	174.4
17	Water			1477.1	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
18	Chye Sim, blanched			28.5	28.5	Boil choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6	1.6	57	4.1	0.7	0.1	0.0	0.7	0.2	0.2	0.2	16.2	
Weight of One Portion			490.7	490.7												777	21.7	37.8	27.6	6.0	85.8	28.7	6274		
Nutrients of One Portion																									
Food Allergens																									
Cereals containing gluten			X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product	X																
Crustacean and crustacean products			X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																	

Dish 27 Chicken Shredded Porridge		Cooking Method/ Remarks																							
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of One Serving (g)	Weight of One Portion (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)		
1	White Rice, raw	Porridge	285.7	25.2	25.2	White rice, raw	HPB	348.548	7.1	0.5	0.1	0.7	7.9	0.2	23	81.9	1.8	0.1	0.0	0.0	0.0	0.0	0.0	5.2	
2	Water			254.5	254.5	Water, plain	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3	Light Soy Sauce			5.5	5.5	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	278.0
4	Salt			0.5	0.5	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	195.9
5	Chicken, unspecified, with skin, poached	Roasted Porridge	29.9	29.9	29.9	Chicken, unspecified, with skin	HPB	193.834	20.6	12.3	4.7	0	0	0	169	58.0	6.2	3.7	1.4	0.0	0.0	0.0	0.0	50.5	
6	Salt			698.6	3.7	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1453.3
7	Light Soy Sauce			15.0	649.5	3.4	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	174.4
8	Water			1477.1	7.8	Water, plain	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weight of One Portion			330.6		330.6											150	8.3	9.8	1.4	0.2	20.6	0.9	2138		
Nutrients of One Portion																									
Food Allergens																									
Cereals containing gluten																									
Crustacean and crustacean products																									
Eggs and egg products																									
Fish and fish products																									
Milk and milk products																									
Sulphites in concentrates																									
Tree nuts and nut product																									
Sulphites in concentrates																									

Dish 28 Roasted Pork Rice Soup						Cooking Method/ Remarks																			
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)		
1	White Rice, raw	Porridge	285.7	25.2	25.2	White rice, raw	HPB	348.548	2.1	0.5	0.1	4.8	4.5	0.1	0	23	81.9	1.8	0.1	0.0	0.0	0.0	0.0	5.2	
2	Water			254.5	254.5	Water, plain	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
3	Light Soy Sauce			5.5	5.5	Soy sauce, light	HPB	50	4.4	0	0	0.2	8.1	10	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	278.0
4	Salt			0.5	0.5	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	195.9
5	Pork Belly, with skin, grilled	Roasted Porridge	30.0	30.0	30.0	Roasted pork belly	HPB	387.428	23.9	31.9	13.5	0	0.9	0	443	119.3	7.4	9.8	4.2	0.0	0.3	0.0	0.0	136.4	
6	Salt			9.8	0.9	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1
7	Monosodium Glutamate (Almonato)			50.6	4.9	Almonato, MSG	HPB	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	598.4
8	Pepper			48.4	4.1	Pepper, white	USDA	296	30.4	2.12	0.636	26.2	42.41	0	0	226	23.8	14.1	0.0	0.0	1.2	1.0	0.0	0.0	39.0
9	Five Spice Powder	Roasted Porridge	15.5	52.5	5.0	Five spice powder	HPB	348.0	1	8	2.36	5.3	68	0	27	17.6	0.1	0.4	0.1	0.3	1.4	0.0	0.0	1.4	
Weight of One Portion			331.2	331.2																					
Nutrients of One Portion																									
Food Allergens																									
Cereals containing gluten			X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product	X																
Crustacean and crustacean products			X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																	
							</																		

Side 1 Roasted Chicken		Cooking Method/ Remarks																										
No.	Ingredients	Combined Components	Component Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate Per Recipe Portion (g)	e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)				
1	Chicken, unspecified, with skin, roasted	Roasted Chicken	30.0	30.0	30.0	Roasted chicken	HPB	236.91	27.27	12.72	3.83	0.55	0.85	0.01	416	68.1	8.2	3.8	1.2	0.2	0.3	0.0	0.0	124.8				
2	White Vinegar			489.5	8.9	Vinegar, white	HPB	3	0.1	0.6	0.15	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35.8		
3	Sugar			486.4	0.9	Sugar, white	HPB	382.78	0	0	0	0	100	100	0	3.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
4	Salt			96.4	1.3	Salt, table	HPB	0	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	491.7		
5	White soy Sauce	Roasted Chicken Seasoning	14.7	696.6	2.0	White soy sauce, light	HPB	486.5	1.1	0.0	0.2	8.1	10	0	59.1	10	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	58.0			
6	Water			1477.1	2.7	Water, drink	HPB	0	0	0	0	0	0	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		
Weight of One Portion				44.7	44.7											Nutrients of One Portion					72	8.2	3.9	1.2	0.2	1.2	1.0	695
Contains, containing gluten, crustaceans and soybean products				Eggs and egg products, fish and fish products			Poultry, swine and their products, milk and milk products			X			See note and add product subtotals in concentration			1.5g of Sugar Per Serving												

Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		X		Sulphites in concentrates														
Side 9 Liver + Gizzards																								
Cooking Method/ Remarks																								
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)	Dietary Fibre Per 100g (g)	Carbohydrate Per 100g (g)	Sugar Per 100g (g)	um Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohydrate Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)	
1	Chicken Liver, blanched	Liver	31.6	31.6	31.6	Chicken, liver, boiled	HPB	157.0	24.36	5.45	1.84	0	0.88	0	51	49.6	7.7	1.7	0.6	0.0	0.3	0.0	16.1	
2	Chicken Gizzard, blanched		32.1	32.1	32.1	Chicken, gizzard w/ bones	USDA	154.0	30.39	2.68	0.67	0	0	0	0	36	49.4	9.8	0.9	0.2	0.0	0.0	0.0	18.0
Weight of One Portion			63.7		63.7											99	17.5	2.4	0.8	0.0	0.3	0.0	34	
Food Allergens						Eggs and egg products																		
Crustacean and crustacean products						Fish and fish products																		
						Peanuts, soybeans and their products																		
						Milk and milk products																		
						Sulphites in concentrates																		