

Dish 1: Mala Sauce (Non-Spicy Base)										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)	Sodium 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	Garlic, Minced	Non-Spicy Alternative Sauce	46.3	14.3	14.3	Garlic, raw, peeled	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	21.3	0.9	0.1	0.0	0.0	0.3	4.4	0.1	2.4					
2	Shallot, Minced			14.3	14.3	Onion, shallot, raw, peeled	HPB	62	1.2	0	0	0.6	14.3	13.347	12	9.2	0.2	0.0	0.0	0.0	0.1	2.1	2.0	1.8					
3	Sugar			0.8	0.8	Sugar, raw	USDA	382.06	0	0	0	0	199.8	199.8	1	3.1	0.0	0.0	0.0	0.0	0.0	0.8	0.8	0.0	0.0				
4	Salt			0.7	0.7	Salt, table	HPB	0	0	0	0	0	0	0	39173	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	274.2				
5	Monosodium Glutamate (Ajinomoto)			0.7	0.7	Vegetr, monosodium	HPB	267.925	40.1	0.2	0	0	26.5	26.5	21033	1.9	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.2	147.4				
6	Oyster Sauce					15.0	15.0	Oyster sauce	HPB	70	2.3	0.2	0.001	0.001	14.7	14.7	1870	10.5	0.3	0.0	0.0	0.0	2.3	2.3	16.5				
Weight of One Portion			46.3	46.3	46.3											46	3.7	6.1	0.0	0.4	9.7	5.3	100%						
Food Allergens		Cereals containing gluten	X	Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products		> 25g of Sugar Per Serving																			
		Crustacean and crustacean products	X	Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Dish 2: Mala Sauce (Slightly Spicy Base)																													
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)	Sodium 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	Roasted Peanut Oil	Mala Sauce (Slightly Spicy)	13.9	258.3	258.3	Oil, peanut	HPB	885.17	0	100	18.1	0	0	0	0	132.3	0.0	0.0	14.9	2.7	0.0	0.0	0.0	0.0	0.0				
2	Fresh Ginger, Minced			28.5	0.7	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	0.7	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.0	0.1				
3	Star Anise Pod			16.2	0.4	Spices, anise seed	NV	337	18	16	0.6	0.6	15	35	0	16	2.7	0.1	0.1	0.0	0.1	0.3	0.0	0.0	0.1				
4	Cinnamon Stick			1.5	0.1	Cinnamon	HPB	306.883	3.3	2.4	0.7	24.4	55.5	55.5	5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
5	Shallot, Minced			38.8	1.0	Onion, shallot, raw, peeled	HPB	62	1.2	0	0	0.6	14.3	13.347	12	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
6	Garlic, Minced			8.0	0.2	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0				
7	Szechuan Peppercorn			57.5	2.4	Spices, pepper, black	USDA	251.0	10.39	3.26	1.392	25.3	38.65	0.64	20	3.6	0.1	0.0	0.0	0.4	0.6	0.0	0.3	0.2					
8	Chinese Chili, Dried			5.6	0.1	Chili, dried	HPB	211.998	15	12	1.7	41.7	11	11	1.8	0.6	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0				
9	Toasted Sesame Oil			100.3	2.5	Oil, sesame	HPB	900	0	100	14.2	0	0	0	16	22.6	0.0	2.5	0.4	0.0	0.0	0.0	0.4	0.4					
Weight of One Portion			13.9	13.9	13.9											95	0.3	10.1	1.7	0.5	1.0	0.2	1						
Food Allergens		Cereals containing gluten	X	Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut products	X	> 25g of Sugar Per Serving																			
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Dish 3: Mala Sauce (Very Spicy Base)																													
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)	Sodium 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	Roasted Peanut Oil	Mala Sauce (Spicy)	27.8	258.3	258.3	Oil, peanut	HPB	885.17	0	100	18.1	0	0	0	0	132.3	0.0	0.0	14.9	2.7	0.0	0.0	0.0	0.0	0.0				
2	Fresh Ginger, Minced			28.5	1.4	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	0.7	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.1				
3	Star Anise Pod			16.2	0.8	Spices, anise seed	NV	337	18	16	0.6	0.6	15	35	0	16	2.7	0.1	0.1	0.0	0.1	0.3	0.0	0.0	0.1				
4	Cinnamon Stick			1.5	0.1	Cinnamon	HPB	306.883	3.3	2.4	0.7	24.4	55.5	55.5	5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
5	Shallot, Minced			38.8	1.9	Onion, shallot, raw, peeled	HPB	62	1.2	0	0	0.6	14.3	13.347	12	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
6	Garlic, Minced			8.0	0.4	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1				
7	Szechuan Peppercorn			57.5	2.9	Spices, pepper, black	USDA	251.0	10.39	3.26	1.392	25.3	38.65	0.64	20	7.2	0.3	0.1	0.0	0.7	1.1	0.0	0.0	0.6					
8	Chinese Chili, Dried			5.6	0.3	Chili, dried	HPB	211.998	15	12	1.7	41.7	11	11	1.8	0.6	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0				
9	Toasted Sesame Oil			100.3	5.0	Oil, sesame	HPB	900	0	100	14.2	0	0	0	16	45.1	0.0	5.0	0.7	0.0	0.0	0.0	0.8	0.8	0.8				
Weight of One Portion			27.8	27.8	27.8											191	0.6	20.2	3.5	1.0	2.0	0.5	2						
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut products	X	> 25g of Sugar Per Serving																			
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Dish 4: Mala Sauce 大辣 (Very Spicy Base)																													
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)	Sodium 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	Roasted Peanut Oil	Mala Sauce (Spicy)	35.2	258.3	224.0	Oil, peanut	HPB	885.17	0	100	18.1	0	0	0	0	159.4	0.0	0.0	22.4	4.1	0.0	0.0	0.0	0.0	0.0				
2	Fresh Ginger, Minced			28.5	1.4	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3	0.7	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1				
3	Star Anise Pod			16.2	0.8	Spices, anise seed	NV	337	18	16	0.6	0.6	15	35	0	16	2.7	0.1	0.1	0.0	0.1	0.3	0.0	0.0	0.1				
4	Cinnamon Stick			1.5	0.1	Cinnamon	HPB	306.883	3.3	2.4	0.7	24.4	55.5	55.5	5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
5	Shallot, Minced			38.8	1.9	Onion, shallot, raw, peeled	HPB	62	1.2	0	0	0.6	14.3	13.347	12	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0				
6	Garlic, Minced			8.0	0.4	Garlic, raw	USDA	149	6.36	0.5	0.089	2.1	30.96	1	17	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0				
7	Szechuan Peppercorn			57.5	2.9	Spices, pepper, black	USDA	251.0	10.39	3.26	1.392	25.3	38.65	0.64	20	7.2	0.3	0.1	0.0	0.7	1.1	0.0	0.0	0.6					
8	Chinese Chili, Dried			5.6	0.3	Chili, dried	HPB	211.998	15	12	1.7	41.7	11	11	1.8	0.6	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0				
9	Toasted Sesame Oil			100.3	5.0	Oil, sesame	HPB	900	0	100	14.2	0	0	0	16	45.1	0.0	5.0	0.7	0.0	0.0	0.0	0.8	0.8	0.8				
Weight of One Portion			35.2	35.2	35.2											297	0.6	27.7	4.8	1.0	2.0	0.5	2						
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut products	X	> 25g of Sugar Per Serving																			
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Side 1: Braised Skin (Fried)																													
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)	Sodium 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	Braised Skin	Deep Fried Braised	30.0	58.4	58.4	Beef, cured skin - beef	MFP	160	17	6	1	7	1	0	41.8	4.4	1.6	0.1	0.1	0.1	0.1	0.1	0.1	0.0					
2	Sunflower Oil			60.3	3.9	Oil, sunflower	HPB	885.17	0	100	10.7	0	0	0	0	34.5	0.0	3.9	0.4	0.0	0.0	0.0	0.0	0.0					
Weight of One Portion			30.0	30.0	30.0											76	4.4	5.5	0.7	1.8	0.3	0.3	0						
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut products	X	> 25g of Sugar Per Serving																			
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Side 2: Braised Skin (Non-Fried)																													
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)	Sodium 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	Braised Skin	Deep Fried Braised	48.3	48.3	48.3	beef cured skin - beef	MFP	160	17	6	1	7	1	0	77.3	8.2	2.9	0.5	3.4	0.5	0.5	0.5	0.5	0					
Weight of One Portion				48.3	48.3	48.3										77	8.2	2.9	0.5	3.4	0.5	0.5	0.5	0					
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut products	X	> 25g of Sugar Per Serving																			
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																					
Side 3: Black Fungus																													
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 (mg)	Sugar Per 100g (mg)	Sodium 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	Black Fungus, Raw	Deep Fried Braised	60.3	88.4	88.4	Black fungus, soaked	HPB	31	1.5	0.2	0.001	2.6	3.4	0.001	8.5	18.6	1.3	0.7	0.0	0.2	2.3	3.0	0.0	8					
Weight of One Portion				88.4	88.4	88.4										19	1.3	0.2	0.0	2.3	3.0	0.0	8						
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products		> 25g of Sugar Per Serving																			

		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)	Sodium 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)								
No.	Ingredients		Weight (g)	Preparation (g)	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)	Sodium 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	Peanut	Deep Fried Peanut	34.5	30.0	30.0	Peanut, raw, with skin	HPB	568.43	24.7	47.1	7.1	8.2	8.9	5.1	1	170.5	7.4	14.1	2.1	2.5	2.7	1.5	0.3								
2	Sunflower Oil			4.5	4.5	Oil, sunflower	HPB	885.17	0	100	100	70	0	0	0	39.8	0.0	4.5	0.5	0.0	0.0	0.0	0.0								
Weight of One Portion			34.5		34.5											Nutrients of One Portion								230	7.4	18.6	2.6	2.5	2.7	1.5	0
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 10 White Radish																															
No.	Ingredients		Weight (g)	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)	Sodium 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 Radish, Boiled		90.0	90.0	90.0	Radish, chinese, raw	HPB	33	0.7	0.1	0.03	0.8	7.4	0	59	11.7	0.6	0.1	0.0	0.8	2.2	2.2	46.5								
Weight of One Portion			90.0		90.0											Nutrients of One Portion								12	0.6	0.1	0.0	0.8	2.2	2.2	47
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 11 Bermuda Triangle Tofu (Taupok)																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Taupok		40.5	40.5	40.5	Tofu	HPB	81.023	8.1	3.7	0.6	0.4	3.8	1.6	7.2	32.8	3.3	1.5	0.2	0.2	1.5	0.6	2.9								
Weight of One Portion			40.5		40.5											Nutrients of One Portion								33	3.3	1.5	0.2	0.2	1.5	0.6	3
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 12 Cheese Tofu																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Cheese Tofu		59.1	59.1	59.1	Cheese tofu, uncooked	HPB	207	10.8	35.4	6.17	1.2	6.3	3.5	822	122.3	6.4	9.1	3.6	0.7	3.7	2.1	485.8								
Weight of One Portion			59.1		59.1											Nutrients of One Portion								122	6.4	9.1	3.6	0.7	3.7	2.1	486
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 13 Chicken Hotdog																															
No.	Ingredients		Weight (g)	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)	Sodium 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 Frank		42.1	42.1	42.1	Chicken frank, steamed	HPB	225	13	16.7	4.62	1.3	5.8	2	1069	94.7	5.5	7.0	1.9	0.5	2.4	0.8	450.0								
Weight of One Portion			42.1		42.1											Nutrients of One Portion								95	5.5	7.0	1.9	0.5	2.4	0.8	450
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 14 Chickwa																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Chickwa		46.2	46.2	46.2	Chickwa - Chickwa	MFP	91	12	1	0	0	7	0	816	42.0	5.5	0.5	0.0	0.0	3.2	0.0	377.0								
Weight of One Portion			46.2		46.2											Nutrients of One Portion								42	5.5	0.5	0.0	0.0	3.2	0.0	377
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																							
Side 15 Crab Ball																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Crab Ball		45.3	45.3	45.3	Fried crab ball	HPB	142	12.8	8.4	1.42	0	32.8	3.3	990	64.3	5.8	2.0	0.6	0.9	5.8	1.5	452.5								
Weight of One Portion			45.3		45.3											Nutrients of One Portion								64	5.8	2.0	0.6	0.9	5.8	1.5	452.5
Food Allergens		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 16 Crab Claw																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Crab Claw		46.4	46.4	46.4	Crispy crab claws	HPB	216	8.2	9.2	4.3	0.001	25	4.2	825	100.2	3.8	4.3	2.0	0.0	11.6	1.9	382.8								
Weight of One Portion			46.4		46.4											Nutrients of One Portion								100	3.8	4.3	2.0	0.0	11.6	1.9	388
Food Allergens		Cereals containing gluten	X	Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 17 Crabstick																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Crabstick		30.6	30.6	30.6	Generic - Crab Stick	MFP	35	4	0	0	0	0	0	52	10.7	1.2	0.0	0.0	0.0	0.6	0.0	15.9								
Weight of One Portion			30.6		30.6											Nutrients of One Portion								11	1.2	0.0	0.0	0.0	0.6	0.0	16
Food Allergens		Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 18 Cuttlefish																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Cuttlefish, Raw		27.0	27.0	27.0	Mollusks, cuttlefish, mixed species, raw	USDA	79	16.24	0.7	0.118	0	0.82	0	372	21.3	4.4	0.2	0.0	0.0	0.2	0.0	100.4								
Weight of One Portion			27.0		27.0											Nutrients of One Portion								21	4.4	0.2	0.0	0.0	0.2	0.0	100.4
Food Allergens		Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their products		Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 19 Cuttlefish Ball																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Cuttlefish Ball		73.6	73.6	73.6	Cuttlefish ball, deep fried	HPB	184	11.5	9.6	3.8	2.1	12.8	2	729	135.4	8.5	7.1	2.8	1.5	9.4	1.5	536.5								
Weight of One Portion			73.6		73.6											Nutrients of One Portion								135	8.5	7.1	2.8	1.5	9.4	1.5	537
Food Allergens		Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products	X	Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 20 Fish Tau Foo																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Fish Tofu		58.0	58.0	58.0	Fish tofu	HPB	171	8.3	10	1.43	1.2	12.1	4.8	524	99.2	4.8	5.8	0.8	0.7	7.0	2.8	303.9								
Weight of One Portion			58.0		58.0											Nutrients of One Portion								99	4.8	5.8	0.8	0.7	7.0	2.8	304
Food Allergens		Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their products		Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 21 Fish Ball (Fried)																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Fish Ball	Deep Fried Fish Ball	60.1	52.3	52.3	Fish ball, packaged frozen, boiled, steamed, poached, microwave, not fat added	Aus	137.428	20.1	3.9	0.7	1.4	5.3	1.8	707	71.9	10.5	2.0	0.4	0.7	2.8	0.9	369.8								
2	Sunflower Oil			7.8	7.8	Oil, sunflower	HPB	885.17	0	100	10.7	0	0	0	0	69.0	0.0	7.8	0.8	0.0	0.0	0.0	0.0								
Weight of One Portion			60.1		60.1											Nutrients of One Portion								141	10.5	9.8	1.2	0.7	2.8	0.9	370
Food Allergens		Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their pr	X	Tree nuts and nut product				Sulphites in concentrates				25g of Sugar Per Serving															
		Crustacean and crustacean products		Fish and fish products	X	Milk and milk products		Sulphites in concentrates																							
Side 22 Mini Sausage																															
No.	Ingredients		Weight (g)	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)	Sodium 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	Mini Sausage (Fahrenheit)	Grilled Mini Sausage	29.1	28.6	28.6	Terminator pork sausage	HPB	360	15.6	27.1	12.51	0.001	13.5	6.7	624	101.0	4.5	7.8	3.6	0.0	3.9	1.9	178.5								
2	Sunflower Oil			0.5	0.5	Oil, sunflower	HPB	885.17	0	100	10.7	0	0	0	0	4.4	0.0	0.1	0.0												

Side 24 Mini Fish Ball						Cooking Method/ Remarks																			
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Mini Fish Ball	Mini Fish Ball	34.3	34.3	34.3	Fish ball, packaged frozen, boiled, steamed, poached, microwave-on-foar added	Aus	137.428	20.1	3.9	0.7	1.4	5.3	1.8	707	47.1	6.9	1.3	0.2	0.5	1.8	0.6	242.5		
Weight of One Portion			34.3		34.3											Nutrients of One Portion	47	6.9	1.3	0.2	0.5	1.8	0.6	243	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 25 Mushroom Ball																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Mushroom (unspecified), seafood (cuttlefish, prawn, fish - all unspecified types) Ball	Mushroom Seafood Ball	48.6	48.6	48.6	Mushroom - Fish Ball (Macaroni) Malaysia	MFP	95	12	1	0	0	8	0	0	46.2	5.8	0.5	0.0	0.0	3.9	0.0	0.0	0	
Weight of One Portion			48.6		48.6											Nutrients of One Portion	46	5.8	0.5	0.0	0.0	3.9	0.0	0	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 26 Quail Egg																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Quail Egg	Quail Egg	30.3	30.3	30.3	Egg, whole, whole, raw	HFB	528	13.1	21.3	3.56	0	0	0.43	0	161	47.9	12.1	2.1	0.3	0.1	0.1	43		
Weight of One Portion			30.3		30.3											Nutrients of One Portion	48	4.0	3.4	1.1	0.0	0.1	0.1	43	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 27 Salto Fish Cake																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Salto Fish Cake	Salto Fish Cake	89.6	89.6	89.6	Fried fish cake	HFB	92	13.5	3.3	1.8	1.2	2.1	0.9	941	82.4	12.1	3.0	1.6	1.1	1.9	0.8	843.1		
Weight of One Portion			89.6		89.6											Nutrients of One Portion	82	12.1	3.0	1.6	1.1	1.9	0.8	843	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 28 Seaweed Chicken																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Seaweed Chicken	Deep Fried Seaweed	48.6	42.3	42.3	Seaweed chicken	HFB	238	27.7	33.5	4.3	2.3	11.6	3.3	725	100.7	15.5	5.7	1.8	1.0	4.3	1.4	286.7		
2	Sunflower Oil			6.3	6.3	Oil, sunflower	HFB	885.17	0	100	19.7	0	0	0	0	55.8	0.0	6.3	0.7	0.0	0.0	0.0	0		
Weight of One Portion			48.6		48.6											Nutrients of One Portion	156	7.5	12.0	2.5	1.0	4.9	1.4	307	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 29 Taiwan Sausage																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Taiwan Sausage	Grilled Sausage	46.5	46.0	46.0	Taiwanese pork sausage	HFB	360	15.6	27.1	12.51	0.001	13.5	6.7	624	165.6	7.2	12.5	5.8	0.0	6.2	1.1	287.0		
Weight of One Portion			46.5		46.5											Nutrients of One Portion	170	7.2	13.0	5.8	0.0	6.2	3.1	287	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	X	Eggs and egg products Fish and fish products		Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 30 Instant Noodle																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Instant noodle, tomato, tomato, hot	Instant Noodle	82.4	82.4	82.4	Instant noodle, tomato, tomato, hot	HFB	423.996	9.8	14.2	7.18	0.7	64.2	2.9	103	349.4	8.1	11.7	5.9	0.6	52.9	2.4	84.9		
Weight of One Portion			82.4		82.4											Nutrients of One Portion	349	8.1	11.7	5.9	0.6	52.9	2.4	85	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	X	Eggs and egg products Fish and fish products		Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 31 Potato Starch Noodle																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Potato Starch Noodle, boiled, drained	Potato Starch Noodle	126.4	126.4	126.4	Sweet Potato Starch Noodle	ETM	345.5	0	0	0	0	85.5	0	0	416.7	0.0	0.0	0.0	0.0	108.1	0.0	0.0	0	
Weight of One Portion			126.4		126.4											Nutrients of One Portion	437	0.0	0.0	0.0	0.0	108.1	0.0	0	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 32 Tausay																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Tausay, blanched	Beansprout	55.2	55.2	55.2	Beans sprouts, raw	HFB	30.5	3.7	0.1	0	0	3.6	3.4	0.9	11.1	1.5	0.1	0.0	0.9	0.8	0.5	0.6		
Weight of One Portion			55.2		55.2											Nutrients of One Portion	11	1.5	0.1	0.0	0.9	0.8	0.5	1	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 33 Brinjal																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Brinjal, steamed	Brinjal	40.7	40.7	40.7	Eggplant, raw	HFB	30.115	1.7	0.1	0.02	1	5.6	5.6	9	12.3	0.7	0.0	0.0	0.4	2.3	2.3	3.7		
Weight of One Portion			40.7		40.7											Nutrients of One Portion	12	0.7	0.0	0.0	0.4	2.3	2.3	4	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 34 Broccoli																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Broccoli, raw	Broccoli	61.6	61.6	61.6	Broccoli, raw	HFB	34.027	4.1	0.1	0.001	3.8	7.8	0.7	0	19.7	2.0	0.0	0.0	1.4	3.0	2.9	35.1		
Weight of One Portion			61.6		61.6											Nutrients of One Portion	9	1.3	0.0	0.0	1.2	0.9	0.9	4	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 35 Cabbage																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Napa Cabbage, raw	Wombok	128.6	128.6	128.6	Cabbage, napa, cooked	FB	12	1.1	0.2	0	0	2.2	0	11	15.4	1.4	0.3	0.0	0.0	2.8	0.0	14.1		
Weight of One Portion			128.6		128.6											Nutrients of One Portion	15	1.4	0.3	0.0	0.0	2.8	0.0	14	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 36 Cauliflower																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Cauliflower, raw	Cauliflower	61.6	61.6	61.6	Cauliflower, raw	HFB	34.027	3.2	0	0	2.2	4.8	4.7	3.7	19.7	2.0	0.0	0.0	1.4	3.0	2.9	35.1		
Weight of One Portion			61.6		61.6											Nutrients of One Portion	20	2.0	0.0	0.0	1.4	3.0	2.9	35	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 37 Cucumber																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Cucumber, raw	Cucumber	56.4	56.4	56.4	Cucumber, raw	HFB	36.033	0.5	0	0	0	3.4	3.4	13	9.0	0.3	0.0	0.0	0.3	1.9	1.9	7		
Weight of One Portion			56.4		56.4											Nutrients of One Portion	9	0.3	0.0	0.0	0.3	1.9	1.9	7	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 38 Kang Kong																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium 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	Kang Kong, raw	Kang Kong	41.8	41.8	41.8	Kang Kong (water spinach)	CalorieKing	39	2.6	0.2	0	2.1	3.1	0	11.3	7.9	1.1	0.1	0.0	0.9	0.4	0.0	47.2		
Weight of One Portion			41.8		41.8											Nutrients of One Portion	8	1.1	0.1	0.0	0.9	0.4	0.0	47	
Food Allergens		Cereals containing gluten Crustacean and crustacean products	Eggs and egg products Fish and fish products		X	Peanuts, soybeans and their products Milk and milk products		Tree nuts and nut product Sulphites in concentrates				> 25g of Sugar Per Serving													
Side 39 Lady's Finger																									
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingre dient 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)	Sodium Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)								

		Combined 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)	Sodium 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)	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Lady's Finger, raw	35.9	35.9	35.9	35.9	Onion, raw		HPB	33.073	1.7	0.1	0.03	3.2	5.9	0	30	11.7	0.6	0.0	0.0	1.1	2.1	2.1	11	
Weight of One Portion		35.9																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 40		Potato						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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 Washed Potato, steamed	66.7	66.7	66.7	66.7	Potato, raw, peeled		HPB	66.99	2.3	0.1	0	1.6	12.9	0.6	4	44.7	1.5	0.1	0.0	1.1	8.6	0.4	2.7	
Weight of One Portion		66.7																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 41		Tomato						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Tomato, raw	71.6	71.6	71.6	71.6	Tomato, raw		HPB	22	1.4	0.2	0.06	0.5	3.6	3.6	16	15.8	1.0	0.3	0.0	0.4	2.6	2.6	11.5	
Weight of One Portion		71.6																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 42		Watermelon						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Watermelon, Blanched	86.5	86.5	86.5	86.5	Winter melon, cooked		USDA	36	0.4	2.73	0.736	1	1.95	1.14	226	31.1	0.3	2.4	0.6	0.9	1.7	1.0	195	
Weight of One Portion		86.5																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 43		Xiao Bai Cai						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Xiao Bai Cai	54.9	54.9	54.9	54.9	Xiao Bai Cai		USDA	13	1.5	0.2	0.027	1	1.38	1.18	65	7.1	0.8	0.1	0.0	0.5	0.6	0.6	37	
Weight of One Portion		54.9																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 44		King Oyster Mushroom						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	King Oyster Mushroom, raw	35.0	35.0	35.0	35.0	Mushrooms, grey oyster, raw		HPB	37.046	3.6	0.7	0.1	2.1	4.5	2	6	13.0	1.3	0.2	0.0	0.7	1.4	0.7	2.1	
Weight of One Portion		35.0																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 45		Shiitake Mushroom						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Shiitake Mushroom, raw	46.5	46.5	46.5	46.5	Mushrooms, shiitake, raw		USDA	34	2.24	0.49	0	2.5	4.29	2.38	9	15.8	1.0	0.2	0.0	1.2	2.0	1.1	4.2	
Weight of One Portion		46.5																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 46		Beef Slice						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Beef slice, part unspecified, raw	59.0	59.0	59.0	59.0	Beef, lean, unseasoned		HPB	184.152	20	11.7	5.6	0	0	0	54	108.9	11.8	6.9	3.3	0.0	0.0	0.0	32	
Weight of One Portion		59.0																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 47		Chicken Gizzard						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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 Gizzard, raw	48.0	48.0	48.0	48.0	Chicken gizzard, unseasoned		USDA	94	17.66	2.06	0.529	0	0	0	69	45.1	8.5	1.0	0.3	0.0	0.0	0.0	33.1	
Weight of One Portion		48.0																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 48		Fish Slice						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	John Dory Fish Slice, raw	62.3	62.3	62.3	62.3	John dory, raw		AUS	91.778	20.6	0.8	0.21	0	0.2	0.2	82	57.2	12.8	0.5	0.1	0.0	0.1	0.1	51	
Weight of One Portion		62.3																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		X		Milk and milk products																	
Side 49		Prawn						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Grey Prawn, raw	169.2	169.2	169.2	169.2	Prawn, temp, raw		HPB	88.76	20.5	0.6	0.2	0	0	0	350	33.9	7.8	0.2	0.1	0.0	0.0	0.0	133.7	
Weight of One Portion		169.2																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		X		Fish and fish products		Milk and milk products																	
Side 50		Sotong Ring						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium 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	Squid, raw	55.3	55.3	55.3	55.3	Squid, raw		HPB	97	15.08	1.38	0.38	0	3.08	3.08	44	50.9	8.6	0.8	0.2	0.0	1.7	1.7	24	
Weight of One Portion		55.3																							
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products						≥ 25g of Sugar Per Serving											
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates																	
Side 51		White Rice						Cooking Method/ Remarks																	
No.	Ingredients	Component's Weight (g)	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)	Sodium Per 100g (mg)	Energy Per Recipe Portion (kcal)	Protein Per Recipe Portion (g)	Total						