Canteen	Techno Edge
Stall Num	Stall 12
Food Type	Chicken Rice
Operator	Sin Ken Chicken Dice

Dish 1	Roasted Chicken Rice					Cooking Method/ Remarks																
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra		m Energy Po er Recipe	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sodiur Sugar Per Reci	um Per
	Ingredients	Component	Component s Weight (g	Prepration (g)	One Serving	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g	Sugar Per 11 100g (g) (r	10g Portion	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Port	rtion
	Chicken Oil (Chicken Fat)	-	s weight (g	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.	0.0
3	Garlic Onion	Chicken		152.3 157.2	5.5 5.7	Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36 1.7	0.5	0.089	2.1 2.1	30.96 4.6	4.6	17 8.2 11 1.7	0.3	0.0	0.0	0.1	1.7 0.3	0.3 0.	0.9 0.6
5	Ginger Pandan Leaf (Screwpine Leaf)	Rice (flavoured	253.1	54.0 159.3	1.9 5.7	Ginger, raw, peeled Pandan leaf, raw	HPB HPB	51.864 55	2.1 1.9	0.8	0.3	1.7 5.2	8.6 10.1	7.3	3 1.0 0 3.2	0.0	0.0	0.0	0.0	0.2	0.1 0.	0.1
6	Salt Sugar	rice only)		187.8 101.2	6.8	Salt, table Sugar, white	HPB HPB	0 382.78	0	0	0	0	100	0 ±	0.0	0.0	0.0	0.0	0.0	0.0 3.6	0.0 264 3.6 0.	46.3 0.0
8	Chicken Seasoning Powder, Knorr Brand White Rice, cooked			98.6 5884.6	3.5	Knorr Seasoning Powder Chicks White rice cooked	TES HPB	235 140	11.6 2.8	4.1	1.9	0.2	34.5 31.1	9.8 #	B.3	0.4	0.1	0.1	0.0	1.2	0.3 600	0.6
10	Chicken, unspecified, with skin, roasted	Roasted	60.0	60.0	60.0	Roasted chicken	HPB	226.91	27.27	12.72	3.93	0.55	0.85	0.01 4	16 136.1	16.4	7.6	2.4	0.3	0.5	0.0 249	19.6
12	White Vinegar Sugar	Roasted	14.7	4876.5 486.4	8.8 0.9	Vinegar, white Sugar, white	HPB HPB	3 382.78	0.1	0.6	0	0	100	100	0 3.3	0.0	0.1	0.0	0.0	0.0	0.9 0.	9.8
	Light Soy Sauce	Chicken Seasoning	14.7	698.6 649.5	1.2	Salt, table Soya sauce, light	HPB HPB	0 50	0 4.4	0	0	0.2	0 8.1	0 ±	## 0.6	0.0	0.0	0.0	0.0	0.0	0.1 59.	91.7
	Water Cucumber Slice, raw	Cucumber	28.5	1477.1 28.5	2.7	Water, plain Cucumber, raw	HPB HPB	16.013	0.5	0	0	0.6	3.4	3.4		0.0	0.0	0.0	0.0	0.0 1.0		3.7
		One Portion	356.3 Eggs and eg		356.3 X	Peanuts, soybeans and their pr	х	Tree nuts an	nd nut produc	×		> 25g of Sug	Nutrient ar Per Servini	s of One Porti	on 556	23.5	17.7	5.2	1.9	75.8	6.6 408	082
Allergens	Crustacean and crustacean products	Х	Fish and fish		Х	Milk and milk products	Х	Sulphites in	concentrates		,											
Dish 2	White Chicken Rice					Cooking Method/ Remarks		1							m Energy Po			Saturated	Dietary	Carbohyrat	Sodiur	
		Combined Component		Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	F	er Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Reci Recipe Port	cipe
No.	Ingredients	s	s Weight (g	(g)	(g)	Ingredient Names in Database	Source	100g (kcal)	100g (g)	Per 100g (g)	100g (g)	100g (g)	(g)	100g (g) (r	ng) (Kcal)	Portion (g)	Portion (g)	Portion (g)	Portion (g)	Portion (g)	Portion (g) (mg	ng)
2	Chicken Oil (Chicken Fat) Garlic			242.1 152.3	5.5	Fat, chicken Garlic, raw	USDA	900 149	6.36	99.8 0.5	29.8 0.089	2.1	0 30.96	1 :		0.0	8.7 0.0	2.6 0.0	0.0	0.0 1.7		0.0
	Onion Ginger	Chicken		157.2 54.0	5.7 1.9	Onion, large, raw, peeled Ginger, raw, peeled	HPB HPB	30.38 51.864	1.7 2.1	0.1	0.001	2.1 1.7	4.6 8.6	4.6 : 7.3	11 1.7 3 1.0	0.1	0.0	0.0	0.1	0.3		0.6
5	Pandan Leaf (Screwpine Leaf) Salt	Rice (flavoured	253.1	159.3 187.8	5.7	Pandan leaf, raw Salt, table	HPB HPB	55	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 46.3
7	Sugar	rice only)		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.	0.0
	Chicken Seasoning Powder, Knorr Brand White Rice, cooked			98.6 5884.6		Knorr Seasoning Powder Chicks White rice cooked	TES HPB	235 140	11.6 2.8	4.1 0.5	1.9 0.1	0.2	34.5 31.1	9.8 A		0.4 5.9	0.1	0.1	0.0	1.2 65.8		0.6
	Chicken, unspecified, with skin, poached Salt	White	59.8	59.8 698.6	59.8 3.7	Salt, table	HPB HPB	193.834	20.6	12.3	4.7 0	0	0	0 1 0 #		12.3	7.4	2.8	0.0	0.0	0.0 101 0.0 145	53.3
12	Light Soy Sauce Water	Chicken Seasoning	15.0	649.5 1477.1	3.4	Soya sauce, light Water, plain	HPB 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	74.4
	Cucumber Slice, raw	Cucumber		28.5		Cucumber, raw	HPB	16.013		0	0	0.6	3.4	3.4 s of One Porti	13 4.6	0.1	0.0	0.0	0.2	1.0 74.6	1.0 3.	3.7 991
Food	Cereals containing gluten	One Portion X	Eggs and eg		Х	Peanuts, soybeans and their pr	х	Tree nuts an	nd nut produc	х		> 25g of Sug	ar Per Servin	s of Une Porti	on 533	19.5	17.3	5./	1.6	/4.6	6.0 499	991
	Crustacean and crustacean products	Х	Fish and fish	products	х	Milk and milk products	х	Sulphites in	concentrates													
Dish 3	Char Siew Rice					Cooking Method/ Remarks									m Energy Po	r		Saturated	Dietary	Carbohyrat	Sodiur	
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	Sugar Per 1	er Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Reci Recipe Port	
No.	Ingredients Chicken Oil (Chicken Fat)	5	s Weight (g	(g) 242.1	(g) 8.7	Ingredient Names in Database Fat, chicken	Source	100g (kcal) 900	100g (g)	Per 100g (g) 99.8	100g (g) 29.8	100g (g)	(g) 0	100g (g) (r		Portion (g) 0.0	Portion (g) 8.7	Portion (g) 2.6	Portion (g) 0.0	Portion (g) 0.0	Portion (g) (mg	
2	Garlic Onion			152.3		Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36	0.5 0.1	0.089	2.1 2.1	30.96 4.6	1 4.6	17 8.2	0.3	0.0	0.0	0.1	1.7	0.1 0.1	0.9
4	Ginger	Chicken Rice		157.2 54.0	1.9	Ginger, raw, peeled	HPB	51.864	2.1	1	0.3	1.7	8.6	7.3	3 1.0	0.1	0.0	0.0	0.1	0.3	0.1 0.	
6	Pandan Leaf (Screwpine Leaf) Salt	(flavoured rice only)	253.1	159.3 187.8		Pandan leaf, raw Salt, table	HPB HPB	55	1.9	0.8	0	5.2	10.1	0 0 #	0 3.2 ## 0.0	0.1	0.0	0.0	0.3	0.6		0.0 46.3
7	Sugar Chicken Seasoning Powder, Knorr Brand	comy)		101.2 98.6		Sugar, white Knorr Seasoning Powder Chicks	HPB TES	382.78 235	0	0	0	0	100 34.5		0 13.9	0.0	0.0	0.0	0.0	3.6 1.2	3.6 0.	0.0
9	White Rice, cooked	Grilled Pork		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	0.2 10.	0.6
11	Pork Belly, with skin, grilled Red Colouring Food Dve		61.5	61.5 14.5	61.5 0.1	Roasted pork belly Green food colouring (NNS)	HPB HPB	387.428 0.0	23.9	31.9 0	13.5	0	0.9	0 4	0.0	14.7 0.0	19.6	8.3 0.0	0.0	0.6	0.0	72.4
12	Sugar Oyster Sauce	Char Siew		2985.8 296.6		Sugar, white Oyster sauce	HPB HPB	382.78 70.0	2.3	0.2	0.001	0.001	100 14.7	100 14.7 #	<b>##</b> 0.7	0.0	0.0	0.0	0.0	10.7 0.2	0.2 41	1.0
14	Light Soy Sauce Dark Soy Sauce	Seasoning and	14.8	489.5 97.7	1.7	Soya sauce, light Sauce, soya, dark, savoury	HPB HPB	50 86	4.4 7.8	0	0	0.2	8.1 12.9	10 # 8.12 #	0.9	0.1	0.0	0.0	0.0	0.1	0.2 88.	8.4 4.1
16	Onion	Colouring		102.6	0.4	Onion, large, raw, peeled	HPB	30.38	1.7	0.1	0.001	2.1	4.6 30.96	4.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
18	Garlic Salt			99.4 50.0	0.4	Garlic, raw Salt, table	USDA HPB	149	6.36	0	0.089	0	0	0 #	0.0	0.0	0.0	0.0	0.0	0.1	0.0 70.	0.0
		Cucumber One Portion			28.5 357.9		HPB	16.013	0.5	0	0	0.6		s of One Porti		0.1 21.9	0.0 29.6	0.0 11.2	0.2 1.6	1.0 86.1		748
Food Allergens	Cereals containing gluten Crustacean and crustacean products	X X	Eggs and eg Fish and fish	g products products	X X	Peanuts, soybeans and their pr Milk and milk products	X	Tree nuts an Sulphites in	oncentrates	×		> 25g of Sug	ar Per Servin									
	Roasted Pork Rice					Cooking Method/ Remarks																
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra		m Energy Po er Recipe	r Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sodiur Sugar Per Reci	um Per cipe
		Component	Component	Prepration	One Serving		Data	Energy Per	Protein Per	Total Fat	Fat Per	Fibre Per	te Per 100g	Sugar Per 1	10g Portion	Recipe	Per Recipe	Recipe	Recipe	Recipe	Recipe Port	rtion
	Ingredients Chicken Oil (Chicken Fat)	s	s Weight (g	(g) 242.1	(g) 8.7	Ingredient Names in Database Fat, chicken	Source USDA	100g (kcal) 900	100g (g) 0	Per 100g (g) 99.8	100g (g) 29.8	100g (g) 0	(g) 0	100g (g) (r		Portion (g) 0.0	Portion (g) 8.7	Portion (g) 2.6	Portion (g) 0.0	Portion (g) 0.0	Portion (g) (mg	ng) 0.0
	Garlic Onion	1		152.3 157.2	5.5 5.7	Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36 1.7	0.5 0.1	0.089	2.1 2.1	30.96 4.6	4.6		0.3	0.0	0.0	0.1	1.7 0.3		0.6
4	Ginger Pandan Leaf (Screwpine Leaf)	Chicken Rice	253.1	54.0 159.3	1.9	Ginger, raw, peeled Pandan leaf, raw	HPB HPB	51.864	2.1	1	0.3	1.7	8.6		3 1.0	0.0	0.0	0.0	0.0	0.2		
1 .														7.3								0.1
5 6	Salt	(flavoured rice only)	255.1	187.8	6.8	Salt, table	HPB	55 0	1.9 0	0.8	0	5.2 0	10.1	0 0 #	0 3.2 ## 0.0	0.1	0.0	0.0	0.3	0.6	0.0 0.0 0.0 264	0.0 46.3
5 6 7				187.8 101.2 98.6	6.8 3.6		HPB HPB	55 0 382.78 235					10.1	0 0 #	0 3.2 ## 0.0 0 13.9	0.1	0.0 0.0 0.0 0.1	0.0	0.3	0.6	0.0 0.0 0.0 264	0.0 46.3 0.0
5 6 7 8 9	Salt Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked			187.8 101.2 98.6 5884.6	6.8 3.6 3.5 211.7	Salt, table Sugar, white Knorr Seasoning Powder Chick White rice cooked	HPB HPB TES HPB	0 382.78 235 140	0 0 11.6 2.8	0 0 4.1 0.5	0 0 1.9 0.1	0 0.2 0.4	10.1 0 100 34.5 31.1	0 # 100 9.8 # 0.1	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3	0.1 0.0 0.0 0.4 5.9	0.0 0.0 0.1 1.1	0.0 0.0 0.0 0.1 0.2	0.3 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8	0.0 0.0 0.0 2644 3.6 0.0 0.3 600 0.2 10.	0.0 46.3 0.0 00.0 0.6
5 6 7 8 9 10	Salt Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked Pork Belly, with skin, grilled Salt		60.0	187.8 101.2 98.6 5884.6 60.0 9.8	6.8 3.6 3.5 211.7 60.0 0.9	Salt, table Sugar, white Knorr Seasoning Powder Chicke White rice cooked Roasted pork belly Salt. table	HPB HPB TES HPB HPB	0 382.78 235 140 387.428	0 0 11.6 2.8 23.9 0	0 0 4.1 0.5 31.9	0 0 1.9 0.1 13.5	0 0 0.2 0.4 0	10.1 0 100 34.5 31.1 0.9	0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0	0.1 0.0 0.0 0.4 5.9 14.3	0.0 0.0 0.1 1.1 19.1 0.0	0.0 0.0 0.1 0.2 8.1	0.3 0.0 0.0 0.0 0.8 0.0	0.6 0.0 3.6 1.2 65.8 0.5	0.0 0.0 0.0 264 3.6 0.0 0.3 600 0.2 10. 0.0 265 0.0 369	0.0 46.3 0.0 00.0 0.6 55.8 59.1
5 6 7 8 9 10 11 12 13	Salt Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked Pork Belly, with skin, grilled Salt Monosodium Glutamate (Allinomoto) Pepper	rice only) Grasea Pork		187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7	Salt, table Sugar, white Knorr Seasoning Powder Chicks White rice cooked Roasted pork belly Salt, table Alinomoto, MSG Spices, pepper, white	HPB HPB TES HPB HPB HPB HPB USDA	0 382.78 235 140 387.428 0 0	0 0 11.6 2.8 23.9 0 0	0 0 4.1 0.5 31.9 0 0 2.12	0 0 1.9 0.1 13.5 0 0 0.626	0 0.2 0.4 0 0 0 26.2	10.1 0 100 34.5 31.1 0.9 0 42.41	0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 ## 0.0 5 13.9	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0	0.0 0.0 0.1 1.1 19.1 0.0 0.0	0.0 0.0 0.1 0.2 8.1 0.0 0.0	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0	0.0 0.0 0.0 2644 3.6 0.3 600 0.2 10.0 0.0 2659 0.0 369 0.0 598 0.0 0.0	0.0 46.3 0.0 00.0 0.6 65.8 59.1 98.4 0.2
5 6 7 8 9 10 11 12 13	Salt Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked Pork Belty, with skin, grilled Salt Monosodium Guitamate (Ajinomoto) Pepper Five Soice Powder Cocumber Sider, raw	Gried Pork Roasted Pork Seasoning Cucumber	60.0 15.5	187.8 101.2 98.6 5884.6 60.0 9.8 50.6	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5	Salt, table Sugar, white Knorr Seasoning Powder Chicke White rice cooked Roasted pork belly Salt. table Aljinomoto, MSG	HPB HPB TES HPB HPB HPB	0 382.78 235 140 387.428 0	0 0 11.6 2.8 23.9 0	0 0 4.1 0.5 31.9 0	0 0 1.9 0.1 13.5 0	0 0.2 0.4 0 0	10.1 0 100 34.5 31.1 0.9 0 0 42.41 68 3.4	0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 ## 0.0 ## 13.9 17.6 13 4.6	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0 0.5 0.1	0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4	0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.1	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2 0.3 0.2	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4	0.0 0.0 0.0 2644 3.6 0.0 0.3 600 0.2 10.0 0.0 2656 0.0 3650 0.0 598 0.0 0.0 0.0 1.0 0.0 1.0	0.0 46.3 0.0 00.0 0.6 55.8 59.1 98.4 0.2 1.4
5 6 7 8 9 10 11 12 13 14 15	Salt Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked Pork Belty, with skin, grilled Salt Monosodium Guitamate (Ajinomoto) Pepper Five Soice Powder Cocumber Sider, raw	Grined Pork Roasted Pork Seasoning	60.0 15.5 28.5 357.2	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2	Salt, table Sugar, white Knorr Seasoning Powder Chicks Whiter rice cooked Roasted pork belly Salt, table Alinomoto, MSG Spices, pepper, white Five soice anowder	HPB HPB TES HPB HPB HPB HPB HPB HPB HPB HPB	0 382.78 235 140 387.428 0 0 296 348.0	0 0 11.6 2.8 23.9 0 0 10.4 1	0 0 4.1 0.5 31.9 0 0 2.12 8	0 0 1.9 0.1 13.5 0 0 0.626 2.36	0 0 0.2 0.4 0 0 0 26.2 5.3	10.1 0 100 34.5 31.1 0.9 0 0 42.41 68 3.4	0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 ## 0.0 ## 13.9 17.6 13 4.6	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.5 0.1	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1	0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2 0.3	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4	0.0 0.0 0.0 2644 3.6 0.1 0.3 600 0.2 100 0.0 2659 0.0 3659 0.0 588 0.0 0.0 0.0 1.	0.0 46.3 0.0 00.0 0.6 55.8 59.1 98.4 0.2 1.4
5 6 7 8 9 10 11 12 13 14 15 Food Allergens	Salt Sugar Chicken Seasoning Nowder, Knorr Brand White Rice, cooked Prok Belly, with akin, grided Mencandhum Gatamate (Ajenomoto) Propor Propor Curumber Sike, caw Weight of Cereals containing gluten Continens and Grounsen products	Roasted Pork Seasoning Cucumber One Portion	60.0 15.5	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X	Salt, table Sugar, white Knorr Seasoning Powder Chick White rice cooked Roasted pork belly Salt, table Alinomoto, MSG Spices, pepper, white Five soice powder Cocumber, raw Peanuts, soybeans and their pr Milk and milk products	HPB HPB HPB HPB HPB HPB HPB HPB HPB USDA HPB HPB HPB	0 382.78 235 140 387.428 0 0 296 348.0 16.013	0 0 11.6 2.8 23.9 0 0 10.4 1 0.5	0 0 4.1 0.5 31.9 0 0 2.12 8 0	0 0 1.9 0.1 13.5 0 0 0.626 2.36	0 0 0.2 0.4 0 0 0 26.2 5.3	10.1 0 100 34.5 31.1 0.9 0 0 42.41 68 3.4 Nutrient	0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 ## 0.0 ## 13.9 17.6 13 4.6	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0 0.5 0.1	0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4	0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.1	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2 0.3 0.2	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4	0.0 0.0 0.0 2644 3.6 0.0 0.3 600 0.2 10.0 0.0 2656 0.0 3650 0.0 598 0.0 0.0 0.0 1.0 0.0 1.0	0.0 46.3 0.0 00.0 0.6 55.8 59.1 98.4 0.2 1.4
5 6 7 8 9 10 11 12 13 14 15 Food Allergens	Selt Sogar Chicken Seanning Powder, Knorr Brand White Rice, cooked Pork Belly, with skin, grilled Selt Monocodum Gularuste (Ajinomoto) Proper Pine-Soice Powder Countries Selt. Self. Self	Roasted Pork Seasoning Cucumber One Portion	60.0 15.5 28.5 357.2 Eggs and eg	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X	Salt, table Sugar, white Knorr Seasoning Powder Chick White rice cooked Roasted pork belly Salt, table Alinomoto, MSG Spices, pepper, white Five soice cowder Cucumber, raw Peanuts, soybeans and their pr	HPB HPB HPB HPB HPB HPB HPB HPB HPB USDA HPB HPB HPB	0 382.78 235 140 387.428 0 0 296 348.0 16.013	0 0 11.6 2.8 23.9 0 0 10.4 1 0.5	0 0 4.1 0.5 31.9 0 0 2.12 8 0	0 0 1.9 0.1 13.5 0 0 0.626 2.36	0 0 0.2 0.4 0 0 0 26.2 5.3	10.1 0 100 34.5 31.1 0.9 0 0 42.41 68 3.4 Nutrient	0	0 3.2 HH 0.0 0 13.9 HH 8.3 5 296.3 43 232.5 HH 0.0 5 13.9 17 17.6 13 4.6 13 4.6	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0 0.5 0.1	0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4	0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.1	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3	0.0 0.0 0.0 2644 3.6 0.0 0.3 600 0.2 10.0 0.0 2656 0.0 3650 0.0 598 0.0 0.0 0.0 1.0 0.0 1.0	0.0 46.3 0.0 0.0 0.0 0.6 55.8 59.1 188.4 0.2 1.4 3.7
5 6 7 8 9 10 11 12 13 14 15 Food Allergens	Salt Sugar Chicken Seasoning Nowder, Knorr Brand White Rice, cooked Prok Belly, with akin, grided Mencandhum Gatamate (Ajenomoto) Propor Propor Curumber Sike, caw Weight of Cereals containing gluten Continens and Grounsen products	rice only)  Grinea Pork  Roasted  Pork  Seasoning  Cucumber  Cone Portion  X  X  Combined	60.0 15.5 28.5 357.2 Eggs and eg Fish and fisl	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 9 products	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X	Saft_table Sugar_white Knorr Seasoning Rowder Chicks Knorr Seasoning Rowder Chicks White rice cooked Roasted pork belly Saft_table Alinometo, MSG Sostica, peoper, white Five toice sowder Customber, raw Fenentis, soybeans and their pr Remotis, soybeans and their pr Milk and milk products  Cooking Method/ Remarks	HPB HPB TES HPB HPB HPB HPB USDA HPB HPB X	0 382.78 235 140 387.428 0 0 296 348.0 16.013 Tree nuts ar Sulphites in	0 0 11.6 2.8 23.9 0 0 0 10.4 1 1 0.5	0 0 4.1 0.5 31.9 0 0 2.12 8 0	0 0 1.9 0.1 13.5 0 0 0.626 2.36 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 0 42.41 68 3.4 Nutrient	0 8 9.8 4 0.1 0.1 0.0 4 0 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 3.2 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 5 13.9 17.6 13 4.6 on 680	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0 0.5 0.1 0.1 22.0	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.1 0.4 0.0 29.6	0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.1 11.1	0.3 0.0 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2 0.3 0.2 3.1	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3	0.0 0.0 0.0 264 0.0 3.6 00 0.3 600 0.0 265 0.0 365 0.0 0.0 5.6 0.0 0.0 5.6 0.0 0.0 5.6 0.0 0.0 8.6 0.0 0.0 8.6 0.0 0.0 8.6 0.0 9.6 0.0	0.0 46.3 0.0 0.0 0.6 55.8 59.1 38.4 0.2 1.4 3.7 497
5 6 7 8 9 10 11 12 13 14 15 Food Allergens	Salt Sugar Chicken Seasoning Nowder, Knorr Brand White Rice, cooked Prok Belly, with akin, grided Mencandhum Gatamate (Ajenomoto) Propor Propor Curumber Sike, caw Weight of Cereals containing gluten Continens and Grounsen products	Roasted Pork Seasoning Cone Portion X X	60.0  15.5  28.5  357.2 Eggs and eg Fish and fish  Component s Weight (g	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 28.5 Weight of	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X	Saft_table Sugar_white Knorr Seasoning Rowder Chicks Knorr Seasoning Rowder Chicks White rice cooked Roasted pork belly Saft_table Alinometo, MSG Sostica, peoper, white Five toice sowder Customber, raw Fenentis, soybeans and their pr Remotis, soybeans and their pr Milk and milk products  Cooking Method/ Remarks	HP8 HP8 TES HP8 HP8 HP8 HP8 HP8 HP8 X X Data	0 382.78 235 140 387.428 0 0 296 348.0 16.013	0 0 11.6 2.8 23.9 0 0 10.4 1 1 0.5 and nut produst concentrates	0 0 4.1 0.5 31.9 0 0 2.12 8 0	0 0 1.9 0.1 13.5 0 0 0.626 2.36	0 0 0.2 0.4 0 0 0 0 26.2 5.3 0.6	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient	0 8 9.8 4 0.1 0.1 0.0 4 0 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 32 ## 0.0 0 13.9 ## 8.3 5 296.3 43 232.5 ## 0.0 5 13.9 17 17.6 80 680	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.0 0.5 0.1 0.1 22.0	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4 0.0 29.6	0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.1 0.0 11.1	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 46.3 0.0 0.0 0.6 55.8 59.1 98.4 0.2 1.4 3.7 497
5 6 7 8 9 10 11 12 13 14 15 Food Allergens No. 1 1 2	Self Solger Chicken Seasoning Powder, Knorr Brand White Rice, cooked Prof. Self-ye with alon, gridled Monecoder Chicken Self-ye Self-y	rice only)  Granted Pork  Roasted Pork  Seasoning  Cucumber  Fone Portion  X  X   Combined  Component	60.0  15.5  28.5  357.2  Eggs and egg Fish and fish  Component s Weight (s)  172.7	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 50.5 28.5 28.5 28.5 28.5  Weight of t Prepration (g) 167.5 5.2	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X Weight of One Serving (g) 167.5 5.2	Salt table Sogn, white Koor's Seasoning Powder Chicku White rice cooled Roosted pols belly White rice cooled Roosted pols belly Roosted Son	HPB HPB HPB HPB HPB HPB HPB USDA HPB X X  Data Source HPB TES	0 382.78 282.8 285 140 387.428 0 0 296 348.0 16.013 Tree nuts ar Sulphites in Energy Per 100g (kcal) 138.0	0 0 11.6 2.8 23.9 0 10.4 1 1 0.5 occurrent rates	0 0 4.1 0.5 31.9 0 0 2.12 8 0 X	0 0 1.9 0.1 13.5 0 0.626 0 0.626 0 0 Saturated Fat Per 100g (g) 0.42	0 0 0 0.2 0.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0 0 0 42.41 68 3.4 Nutrient ar Per Serving te Per 100g (g)	0 a 100 a 10	0 3.2 HB 0.0 0 13.9 HB 8.3 5 296.3 43 232.5 HB 0.0 0 13.9 HB 6.3 13.9 17.7 17.6 13.9 HB 0.0 HB 0.0 0 13.9 17.7 17.6 13.9 HB 0.0 HB 0.0 0 15.5 13.9 17.7 17.6 13.9 HB 0.0 H	0.1 0.0 0.4 5.9 14.3 0.0 0.5 0.1 1.1 22.0  Protein Per Recipe Portion (g) 7.5 0.6	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.0 0.0 0.1 Total Fat Per Recipe Portion (g) 3.5	0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.1 0.0 1.1 0.0 0.1 0.1	0.3 0.0 0.0 0.0 0.8 0.0 0.0 0.0 1.2 0.3 0.2 3.1  Dietary Fibre Per Recipe Portion (g) 2.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3	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	0.0 46.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0
5 6 7 8 9 9 10 11 12 13 14 15 Food Allergens No. 1 2 3 3	Salt Solar Chicken Seasoning Powder, Knorr Brand White Rice, cooked Prof. Boby, with akin, grilled Prof. Boby, with akin, grilled Monecodeum Galantae (Apicomoto) Propor Propor Cusumber Siker, zew Weight of Cusumber Siker, zew Weight of Crustacean and crustacean products Roasted Chicken Noodles (Egg Noodles) - Regular Ingredients Egg Noodles, Salenched Chicken Seasoning Moveet, Knorr Brand	rice only)  Grinea Pork  Roasted  Pork  Sessoning  Cucumber  One Portion  X  X  Combined  Component  \$ Egg  nodles,  Nossted	60.0  15.5  28.5  357.2 Eggs and eg Fish and fish  Component s Weight (g	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 28.5 28.5 28.5 28.5 28.5 2	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X X  Weight of One Serving (g) 167.5 5.2 30.0 8.8	Self table (Segrebal) and Self table (Segrebal) and Segrebal (Segrebal) and Se	HPB HPB HPB HPB HPB HPB HPB USDA HPB X X  Data Source HPB TES HPB HPB	0 382.78 235 140 387.48 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 11.6 2.8 23.9 0 0 10.4 1 1 0.5 ed nut produc concentrates 100g (g) 4.5 11.6 27.27	0 0 4.1 0.5 31.9 0 0 0 2.12 8 0 0 X X X 1 1 1 1 1 1 1 1 1 1 1 2.7 0.6	0 0 1.9 0.1 13.5 0 0.626 0 0.626 0 0 Saturated Fat Per 100g (g) 0.42 1.9 3.93	0 0 0.2 0.4 0 0 0 26.2 5.3 0.6 > 25g of Sug Dietary Fibre Per 100g (g) 1.2 0.2 0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient aar Per Servin  Carbohydra te Per 100g (gl 23.96 34.5 0.85	0 8 100 8 100 100 100 100 100 100 100 10	0 3.2  ## 0.0  13.9  ## 8.3  5 296.3  43 232.5  ## 0.0	0.1 0.0 0.4 5.9 14.3 0.0 0.5 0.1 0.1 22.0  Protein Per Recipe Portion (g) 7.5 0.6 8.2	0.0 0.0 0.1 1.1 19.1 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 0.1 0.2 8.1 0.0 0.0 0.1 0.0 0.1 11.1  Saturated Fat Per Recipe Portion (g) 0.7 0.1 1.2 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.00 46.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0
5 6 6 7 8 8 9 10 11 1 12 13 14 15 Food Allergens  Dish 5 No. 1 2 3 3 4 5 6 6	Salt  Social Security Product Energ Brand  Chicken Security Product Energ Brand  Chicken Security Product  Profit Reley, with Join, gried  Salt  Monocoolium Guldarante (Ajacomoto)  Proper  Security Product  Couronier Siles one  Weight of  Couronier Siles	rice only)  Grained Pork  Roasted Pork Seasoning Cucumber  Component X  X  Combined Component Seg noodles, Roasted Chicken	60.0  15.5  28.5  357.2  Eggs and egg Fish and fish  Component s Weight (s)  172.7	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 g products products (g) 167.5 52.3 30.0 4876.5 486.4	6.8 3.5 211.7 60.0 0.9 4.7 5.0 28.5 357.2 X X  Weight of One Serving (g) 167.5 5.2 30.0 8.8 0.9	Safe table Sage white Product Chick Sage white Product Chick Sages white Product Chick Sages Sages Sages Sages Sages Sages Sate Sages Sages Sages Sate Sages	HPB	0 382.78 2255 140 2255 140 296 387.428 0 0 296 348.0 16.013 Tree nuts ar Sulphites in 130c (kral) 138.0 235 226.91 3 3 382.78 0	0 0 11.6 2.8 23.9 0 0 10.4 1 1 0.5 5 10.6 1 10.4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 4.1 0.5 31.9 0 0 2.12 8 0 0	0 0 1.9 0.1 13.5 0 0.626 2.36 0 Saturated Fat Per 100g (g) 0.42 1.9 3.93 0	0 0 0.2 0.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient ar Per Serving (s) 23.96 34.5 0.0 100 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	m Energy Prefer Recipe Portion (Rcal) 5 231.2 EEE 12.2 EE	0.1 0.0 0.4 5.9 14.3 0.0 0.5 0.5 0.1 0.1 22.0  Protein Per Recipe Portion (g) 7.5 0.6 8.2 0.0 0.0 0.0 0.0	0.0 0.0 0.1 1.1 19.1 0.0 0.1 0.4 0.0 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 1.1 0.0 11.1 0.0 11.1 0.0 0.1 1.2 0.0 0.0 0.0 0.1 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 1.2 0.3 0.2 3.1  Dietary Fibre Per Recipe Portion (g) 2.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 2.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3 0.0 0.9	0.0 0.0 3.6 0.0 3.6 0.0 0.2 40.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	2.0 46.3 2.0 46.3 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0
5 6 7 8 9 10 11 12 13 14 15 Food Allergens No. 1 2 2 3 3 4 4 5 6 7	Salt Sogn Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Chicken Secondary Se	rice only)  Granted Pork  Roasted  Pork  Seasoning  Cucumber  Combined  Compliand  Component  Seasoning  Roasted  Combined  Component  Seasoning	60.0  15.5  28.5  357.2  Egys and egy Fish and fish  Component  Weight (g  172.7  30.0	187.8 101.2 98.6 5884.6 60.0 9.8 52.5 8 products products Weight of Preparation (a) 167.5 5.2 3.0 4876.5 4876.5 4876.5	6.8 3.5 211.7 60.0 0.9 4.7 5.0 28.5 357.2 X  Weight of One Serving (s) 167.5 5.2 30.0 8.8 0.9 1.3 1.2 2.7	Sait table Sagu white Kom Sasoning Prodet Chick Sagu white Kom Sasoning Prodet Chick Sasoning Sait	HPB	0 382.78 235 140 387.428 0 0 0 16.013 187.028 187.428 1 0 0 16.013 187.028 1 18.00 1 1	0 0 11.6 2.8 23.9 0 0 0 10.4 1 1 1 0 0 1 1 1 1 0 0 0 1 1 1 1 0 0 0 1 1 1 1 0 0 0 1	0 0 4.1 0.5 31.9 0 0 0 2.12 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 1.9 0.1 13.5 0 0.626 2.36 0 Saturated Fat Per 100g (g) 0.42 1.9 3.93 0	0 0 0.2 0.4 0 0 0 0.2 0.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient ar Per Servinj  Carbohydra te Per 100g (gl 23.96 34.5 0.85 0 100 0 8.1	0 0 100 100 100 100 100 100 100 100 100	0 3 2 32 32 5 32 5 296.3 3 4 5 296.3 3 4 5 296.3 3 4 5 296.3 3 4 5 296.3 3 4 5 296.3 3 4 6 6 80 6 80 6 80 6 80 6 80 6 80 6 80	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.5 0.1 0.1 0.1 22.0  Protein Per Recipse Portion (g) 7.5 0.6 8.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0 0.0 0.1 1.1 19.1 0.0 0.1 0.4 0.0 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3 0.0 0.9 0.0 0.1	0.0   0.0	0.00 46.3 0.0 0.00 0.00 0.00 0.00 0.00 0.00 0.
5 6 7 8 8 9 100 111 12 13 14 15 5 6 6 7 7 8 8 9 9 9	Salt Soger Chicken Seasoning Powder, Knorr Brand White Rice, coloid  White Rice, coloid  Salt Minimum Salt Salt Salt Salt Salt Salt Salt Salt	rice only)  Grained Pork  Roasted Pork Seasoning Cucumber  Component X  X  Combined Component Seg noodles, Roasted Chicken	60.0  15.5  28.5  357.2  Egs and eg  Fish and fisi  Component s Weight (g  172.7  30.0  14.7	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 50.5 28.5 28.5 28.5 28.5 28.5 28.5 28.5 28	6.8 3.5 211.7 60.0 0.9 4.7 5.0 28.5 357.2 X  Weight of One Serving (s) 167.5 5.2 30.0 8.8 0.9 1.3 1.2 2.7	Sist table Sage white Konn Haumon prouder Chick White Tree coulded Market Tree Coulded Sage white Sage white Sage was seen and sage of the	HP8 HP8 HP8 HP8 HP8 HP8 HP8 HP8 X X X  Data Source HP8 HP8 HP8 HP9 HP8 HP9 HP8	0 382.78 235 140 387.428 0 0 296 348.0 150.0 130.0 130.0 130.0 130.0 235 225 225.1 3 32.78 0 0 0 50 0 14.3	0 0 11.6 2.8 23.9 0 0 10.4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 4.1 0.5 31.9 0 0 0 2.12 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 1.9 0.1 13.5 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 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient te Per 100g (g) (g) 23.96 34.5 0 0 0 0 8.1 0 0 0 0 Nutrient te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 0 1 0 0 0 1 0	0 3.2 ms 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 1	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.5 0.1 0.1 0.1 22.0   Protein Per Recipe Portion (g) 7.5 0.6 8.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4 0.0 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 1.1  Saturated Fat Per Recipe Portion (g) 0.7 0.1 1.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3 0.0 0.9 0.0 0.0 0.1	00 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.00 46.3 0.0 0.00 0.00 0.00 0.6 55.8 59.1 1.4 0.2 1.4 3.7 497  um Per kipe rition mgl 8.4 79.7 24.8 9.8 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0
5 6 7 8 8 9 10 11 12 13 14 15 5 5 5 5 5 5 5 5 5 5 5 6 6 7 7 8 8 9 9 5 5 5 6 6 7 7 8 8 9 9 5 5 5 6 6 7 7 8 8 9 9 5 5 5 6 6 7 7 8 8 9 9 5 5 5 6 6 7 7 8 8 9 9 5 5 5 6 6 7 7 8 8 9 9 5 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 7 7 8 8 9 9 9 9	Self Solger Chicken Seasoning Powder, Knorr Brand White Rice, cocked Prof. Belly, with akin, grilled Monecoder Chicken Seasoning Monecoder Chickens (Annual Aginemento) Prepor Pres Sice Powder Carumbre Sice. raw Weight of Carumbre Sice. raw Weight of Carumbre Sice. raw Weight of Constacean and Crustacean products. Resisted Chicken Noodles (Egg Noodles) - Regular Ingredients Eag Noodles, blanched Chicken, supportfled, with skin, roasted White Vinesar Souger Soug	rice only)  Grainer Pork  Roasted Pork  Seasoning  Cucumber  Come Portion  X  X  Combined  Component  5  E88  Roasted  Roasted  Chicken  Seasoning  Chye Sim  One Portion	60.0  15.5  28.5  357.2  Egs and eg  Fish and fisi  Component s Weight (g  172.7  30.0  14.7	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 28.5 28.5 28.5 28.5 28.5 2	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X X  Weight of One Serving (g) 167.5 5.2 30.0 8.8 0.9 1.3 1.2 2.7 2.8.5 2.45.9 X	Sait table Sagu white Kom Sasoning Prodet Chick Sagu white Kom Sasoning Prodet Chick Sasoning Sait	HP8 HP8 HP8 HP8 HP8 HP8 USDA HP8 X X X  Data Source HP8	0 382.78 235 140 387.428 0 0 0 16.013 187.028 187.428 1 0 0 16.013 187.028 1 18.00 1 1	0 0 11.6 2.8 23.9 0 0 10.4 1 1 0.5 ad nut product concentrates 110 x (s) 4.5 11.6 27.27 0 0 0 2.5 ad nut product concentrates 2 11.6 27.27 2.7 2.7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 4.1 0.5 31.9 0 0 0 2.12 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 1.9 0.1 13.5 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 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrientar Per Serving (g) 23.96 23.96 100 0 8.1 0 0.6	0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 0 1 0 0 0 1 0	0 3.2 ms 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 1	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.5 0.1 0.1 0.1 22.0   Protein Per Recipe Portion (g) 7.5 0.6 8.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0 0.0 0.1 1.1 1.9.1 0.0 0.1 0.4 0.0 0.1 0.4 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 1.1 1	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 1.2 0.3 0.2 3.1  Dietary Fibre Per Recipe Portion (g) 2.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	00 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	2.0 46.3 2.0 46.3 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0
5 6 7 8 9 9 10 11 12 12 13 14 15 Food Altergens No. 1 2 2 3 4 4 5 6 7 7 8 8 9 9 Food Altergens No. 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Sale Sociation Security Product Energ Brand Chicken Security Product Energ Brand Chicken Security Profit Refe, with him, grifted Sale Monocodium (dicharated (Ajmonoto) Proper Chicken Product Chicken Security Brande Sale Sale Sale Sale Sale Sale Sale Sal	rice only)  Grainer Pork  Roasted Pork  Seasoning  Cucumber  Come Portion  X  X  Combined  Component  5  E88  Roasted  Roasted  Chicken  Seasoning  Chye Sim  One Portion	60.0  15.5  28.5  357.2  Eggs and egg Fish and fish  Component  Weight (g  172.7  30.0  14.7  28.5  28.5  Eggs and egg	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 28.5 28.5 28.5 28.5 28.5 2	6.8 3.6 3.5 211.7 60.0 0.9 4.7 5.0 28.5 357.2 X X  Weight of One Serving (g) 167.5 5.2 30.0 8.8 0.9 1.3 1.2 2.7 2.8.5 2.8.5 2.8.5 X	Safe table  Sage white  Cook Security Trade Chick  Sage white  Same Security Trade Chick  Same Security Trade  Same Security Same  Same Same  Same Security Same  Same  Same Same  S	HP8 HP8 HP8 HP8 HP8 HP8 USDA HP8 X X X  Data Source HP8	0 382.78 235 140 387.428 0 0 296 348.0 15.0 138 0 138	0 0 11.6 2.8 23.9 0 0 10.4 1 1 0.5 ad nut product concentrates 110 x (s) 4.5 11.6 27.27 0 0 0 2.5 ad nut product concentrates 2 11.6 27.27 2.7 2.7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 4.1 0.5 31.9 0 0 0 2.12 8 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 1.9 0.1 13.5 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 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 0 42.41 68 3.4 Nutrient te Per 100g (g) (g) 23.96 34.5 0 0 0 0 8.1 0 0 0 0 Nutrient te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 0 1 0 0 0 1 0	0 3.2 ms 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 0.0 0.0 13.9 ms 0.0 1	0.1 0.0 0.0 0.4 5.9 14.3 0.0 0.5 0.1 0.1 0.1 22.0   Protein Per Recipe Portion (g) 7.5 0.6 8.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0 0.0 0.1 1.1 1.9.1 0.0 0.1 0.4 0.0 0.1 0.4 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.0 0.1 0.0 0.1 11.1  Saturated Fat Per Recipe Portion (g) 0.7 0.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 1.2 0.3 0.2 3.1  Dietary Fibre Per Recipe Portion (g) 2.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g) 40.1 1.8 0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	00 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	2.0 46.3 2.0 46.3 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0
5 6 7 8 9 9 10 11 12 12 13 14 15 Food Altergens No. 1 2 2 3 4 4 5 6 7 7 8 8 9 9 Food Altergens No. 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Salt Sogn Chicken Securing Powder, Knorr Brand Chicken Securing Powder, Knorr Brand Chicken Securing S	rice only)  Grainer Pork  Roasted Pork  Seasoning  Cucumber  Come Portion  X  X  Combined  Component  5  E88  Roasted  Roasted  Chicken  Seasoning  Chye Sim  One Portion	60.0  15.5  28.5  357.2  Eggs and egg Fish and fish  Component  Weight (g  172.7  30.0  14.7  28.5  28.5  Eggs and egg	187.8 101.2 98.6 5884.6 60.0 9.8 50.6 48.8 52.5 28.5 28.5 28.5 28.5 28.5 28.5 2	6.8 3.6 3.5 211.7 60.0 0.9 4.7 5.0 28.5 357.2 X X  Weight of One Serving (g) 167.5 5.2 30.0 8.8 0.9 1.3 1.2 2.7 2.8.5 2.8.5 2.8.5 X	Sait table Sagu white Kom Sasoning Proded Chick Sagu white Kom Sasoning Proded Chick Sasoning Said Sasoning Said Sasoning Said Said Sasoning	HP8 HP8 HP8 HP8 HP8 HP8 USDA HP8 X X X  Data Source HP8	0 382.78 235 140 387.428 0 0 296 348.0 15.0 138 0 138	0 0 11.6 2.8 2.9 2.9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 4.1 0.5 31.9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 1.9 1.9 0.1 1.9 0.1 1.9 0.1 1.9 0.1 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	0 0 0 0.2 0.4 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	10.1 0 100 34.5 31.1 0.9 0 0 42.21 68 3.4 Nutrienar Per Servinj 22.96 34.5 0.85 0 100 0 0 Nutrienar Per Servinj 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 10	0 3.2  13.9  13.9  13.9  13.5  12.96.3  13.0  13	r Protein Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.1 0.1	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.0 0.1 0.4 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.1 0.0 0.0 0.0 0.1 0.1 0.1 0.1 0.1 0.1	0.0 0.0 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 0.0 0.1 1.1 1	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 1.2 0.3 0.2 3.1  Dietary Fibre Per Recipe Portion (g) 2.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (8) 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 0.0 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 0.0 0.0
5 6 7 8 9 10 11 11 13 13 14 15  Oish S  No. 1 2 3 4 4 5 6 7 7 7 8 8 9 Food Allergens	Salt Soger Chicken Sessoning Plowder, Knorr Brand White Rice, coloided  White Rice, coloided  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Grassed Fork Posts Agents  Combined Component Sassoning X X  Combined Component S Egg nodles, Nosstes  Roasted Chicken Sessoning Chye Sim One Portion X	60.0   15.5   78.5   397.2   598.2   598.2   698.2	187.8 101.2 98.6 588.6 60.0 9.8 50.6 48.8 52.5 8 products weight of (g) 167.5 5.2 30.0 4876.5 486.6 698.6 698.6 698.6 698.6 1477.1 28.5 g products	6.8 3.6 3.5 211.7 60.0 0.9 4.9 4.7 5.0 28.5 357.2 X X X Weight of One Serving (a) 1.3 1.2 2.7 2.8.5 2.4.5 2.8.5 2.8.8 X X	Selt table Sage white Know Seanon Provider Chick White Tree coulded Know Teanon Provider Chick White Tree Coulded Self Self Self Self Self Self Self Self	НРВ	0 382.78 235 382.78 235 382.78 280 385.7428 0 0 0 0 346.013 387.428 0 16.013 382.78 200 12.00 12	0 0 11.6 2.8 2.3 9 0 0 0 10.4 11.0 10.5 10.5 10.5 10.5 10.5 10.5 10.5	0 0 4.1 0.5 31.9 0 0 0.2 12 2.12	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 0.9 34.5 31.1 0.9 0 42.41 68 34.4 Nutrient Per Serving 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 1 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0	0 3.2 mm   8.3 c   9.6	r Protein Per Recipe 9 Protein Par Recipe	0.0 0.0 0.1 1.1 19.1 0.0 0.0 0.1 0.4 0.0 0.1 0.4 0.0 29.6  Total Fat Per Recipe Portion (g) 3.5 0.2 3.8 0.1 0.0 0.0 0.1 7.7	0.0 0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.0 0.1 0.0 0.1 1.1 0.0 11.1 1.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 1.2 65.8 0.5 0.0 2.0 2.0 3.4 1.0 80.3  Carbohyrat e Per Recipe Portion (g.) 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 0.0 0.0 0.0 0.0 0.0 0.0	0.0 d.46.3 d.6.3 d
5 6 7 8 8 9 10 11 11 12 13 14 15 15 15 16 16 16 16 16 16 16 16 16 16 16 16 16	Salt Sogar Chicken Sessoning Powder, Knorr Brand White Rice, cooked Powder, Sonar Brand White Rice, cooked Powder, Sonar Brand White Rice, cooked Powder, Sonar Brand White Rice, cooked Proport Proport Countries Since Rice Weight of Countries Since Rice Ingedients Egg Nooders, Sanched Chicken Sessoning Nowder, Knorr Brand Chicken, Since Rice White Countries Since Rice Water Chicken Since Rice Water Christian Since Rice Water Countries and Countries and Product Rice Countries Since Rice Water Countries Since Rice Rice Ingedients Egg Nooders, Sanched Ingedients Egg Nooders Ingedients Egg Nooder Ingedie	Recordy Combined Components of Combined Components of Comp	60.0  15.5  28.5  357.2  Eggs and egg Fish and fish  Component  Weight (g  172.7  30.0  14.7  28.5  28.5  Eggs and egg	1873 9 1012 9 10	6.8 3.5 211.7 60.0 9 4.9 1.5 0.9 4.7 5.0 0.9 4.7 5.0 0.9 4.7 5.0 0.9 4.7 5.0 0.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	Self table Sage white Konn Namonia Provider Chick White Free condex White Free Condex Same Takenon Provider Chick Same Takenon Provider Same Takenon	НРВ	0 382.78 235 382.78 225 340 387.428 0 0 0 0 346.013 382.78 286 296 346.013 382.78 200 100.01 235 225 226.91 3 382.78 0 0 50 0 3 382.78 26.91 3 3 382.78 26.91 3 3 382.78 26.91 3 3 382.78 26.91 3 3 382.78 26.91 3 3 382.78 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0 116 2 28 239 0 0 0 0 10 10 10 10 10 10 10 10 10 10 1	0 0 4.1. 0.5 31.9 0 0 0 2.12 8 0 0 0 2.12 8 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 0 0 0 0 0 0 0 0 0 0	10.1 0 100 30.5 31.1 0.9 0 0 0 0 42.21 68 23.4 Nutrienters for the Per 100g 68 23.9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 a 1 00 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 3.2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0.1   0.0   0.0   0.0   0.1   0.0   0.1   0.0   0.1   0.0	00 01 11 191 00 00 01 01 01 01 04 04 02 236  Total Fat 00 00 00 01 17,7	0.0 0.0 0.0 0.0 0.1 0.2 8.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.1 11.1 1.1	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 6.8 0.5 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 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0
5 6 7 8 8 9 9 100 111 12 12 12 12 12 12 12 12 12 12 12 12	Sale Sociation Security Product Energ Brand Chicken Security Product Energ Brand Chicken Security Product Short Brand Chicken Security Products Sale Sale Monocodium Guidannie (Ajmonoto) Propeet Product Constitution Product Constitution Product Constitution Product Constitution and Crustacean modern's Engaler Chicken Security Guidannie (Agender) Ingredients Eng Noodles, Slanchord Chicken Security (Bay Noodles) Lingth Sale Sale Sale Sale Sale Sale Sale Sale	rice only)  Grant Pork  Roasted Pork  Roasted Pork  Seasoning  Cucumber  Component  X  Combined  Component  Roasted  Chicken  Seasoning  Chye Sim  One Portion  X  Combined  Component  Chicken  Component  Chicken  Combined  Chicken  Combined  Chicken  Combined  Chicken  Combined  Chicken  Combined  Component  Combined  Combined  Component  S	60.0 15.5 28.5 39.7.2 5	1873 9 1012 9 10	6.8 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6	Selt table Sage white Product No. Sage white Product No. Sage white Product No. Sage white Product No. Sage Sage Sage Sage Sage Sage Sage Sage	HPB   HPB	0 382.78 235 235 235 240 387.428 0 0 2 26 2 26 2 25 2 26 2 2 2 2 2 2 2 2 2 2	0 116 28 239 0 0 0 0 10 10 10 10 10 10 10 10 10 10 1	0 0 4.1 0.5 3.1 9 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 0 0 0 0 0 0 0 0 0 0	10.1 0 100 30.5 31.1 0.9 0.0 0.0 0.0 0.2 42.21 68 23.4 Nutrienter Servin, 100 100 23.90 23.90 23.90 23.90 23.90 23.90 23.90 23.90 25.90 26.0 26.0 26.0 26.0 26.0 26.0 26.0 26.	0 1 20	0   3   2   2   2   2   2   2   2   2   2	01   02   03   04   04   05   05   05   05   05   05	00 00 01 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 11 12 12	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 3.6 0.0 1.2 65.8 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 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0
5 6 7 8 8 9 9 10 111 12 12 13 13 14 14 15 15 15 16 16 17 17 17 17 17 17 17 17 17 17 17 17 17	Salt Solt Solt Solt Solt Solt Solt Solt So	Roasted Port No. 1 Por	60.0   15.5   28.5   397.2   28.5   397.2   28.5   397.2   29.5	1973 9 1012 1 10	6.8 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6	Self table (Segrebal Segrebal	HPB   HPB	0 392.78 392.78 255 255 255 255 255 255 255 255 255 25	0 11.6 2 28 23.9 0 0 10.4 11.0 10.0 10.0 10.0 10.0 10.0	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10.1 0 100 34.5 31.1 32.1 0.9 0 0 42.41 68.8 10.8 Nutrient or Per Serving fall 100 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0 100 100 100 100 100 100 100 100 100 1	0   3   2   2   2   2   2   2   2   2   2	01 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00 00 01 11 12 11	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.8 0.8 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 3.6 0.5 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0   0.0	0.00 d.645.3 d
5 6 7 8 8 9 9 10 10 11 11 12 12 13 13 14 14 15 6 6 6 10 10 10 10 10 10 10 10 10 10 10 10 10	Salt Soger Chicken Seasoning Powder, Knorr Brand White Rice, coloide  White Rice, coloide  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Urraign Port  Routed Port  Combined Component Routed Component Routed Component Component Component X X X X X X X X X X X X X X X X X X X	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7	1878 5 1012 1012 1012 1012 1012 1012 1012 10	6.8 3.5 1.21.7 60.0 9.0 9.0 9.0 9.0 9.0 9.0 9.0 9.0 9.0	Selt table Sage white Konn Makening Provider Chick White Trice coulded Konn Takening Provider Chick White Trice coulded Self table Ingredient Komes in Database recomes yet consect Self table Self ta	НРВ	0 392.78 392.78 255 255 255 255 255 255 255 255 255 25	0 116 228 229 0 0 0 104 104 105 105 105 105 105 105 105 105 105 105	0 0 4.1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 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	10.1 0 100 34.5 31.1 0.9 0 0 0 0 42.41 0 0 120 Carbohydrae 12.9 0 34.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 1 200 0 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0   3   2   2   2   2   2   2   2   2   2	01   02   03   04   05   05   05   05   05   05   05	00 00 01 11 11 151 1 1 151 1 1 1 151 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 1.2 65.8 0.5 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 d 464 d 3 d 3 d 464 d 3 d
5 6 7 7 8 8 9 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Salt Solt Solt Solt Solt Solt Solt Solt So	Incensive Terminal Te	60.0   15.5   28.5   397.2   28.5   397.2   28.5   397.2   29.5	1878 2 100 2	6.8 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6	Safe table  Sage white  Cook Sagoning Traded Chick  Sage white  Same and Sage Sage Sage  Safe Sage Sage Sage  Safe Sage Sage Sage Sage  Safe Sage Sage Sage Sage Sage  Man and Man Sage Sage Sage Sage  Sage Sage Sage Sage Sage Sage Sage Sage  Sage Sage Sage Sage Sage Sage Sage Sage	НРВ	0 382.78 255 255 255 255 255 255 255 255 255 25	0 116 2 28 23 30 0 0 0 104 116 0 105	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 1.9 0.1 1.9 1.0 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 0 0 0 0 0 0 0 0 0 0	10.1   10.1	0 100 100 100 100 100 100 100 100 100 1		01   02   03   04   04   05   05   05   05   05   05	0.0 0.0 0.1 0.1 1.1 1.1 1.1 1.1 1.1 1.1	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 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 0.4643 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0
5 6 7 7 8 8 9 9 10 10 1 1 1 1 2 1 2 1 1 1 1 1 1 1 1 1 1	Salt Solt Solt Solt Solt Solt Solt Solt So	Ince only)  Ince only)  Ince only)  Ince only)  Ince only only only only only only only only	28.5 28.7 28.5 28.7 28.5 28.2 28.2 28.2 28.2 28.2 28.2 28.3 28.3	1873 8 1873 1 18	6.8 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6	Safe table Sage white Cook Sage with Sage with Sage white Cook Sage with Sage Sage Sage Sage Sage Sage Sage Sage	НРВ	0 392.78 392.78 255 255 255 255 255 255 255 255 255 25	0 0 116. 28 23 3 10 10 10 116. 28 116. 29 11 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 1.9 0.1 1.9 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101.1 0 0 100 100 100 34.5 31.1 31.1 0.9 0.9 0.1 42.41 68 42.41 68 62 23.96 68 68 68 68 68 68 68 68 68 68 68 68 68	0 150 0 1 1 100 10 1 100	0   3   2   2   2   2   2   2   2   2   2	01 1 22.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.0 0.1 1.1 1.51 1.0 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 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 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 d 46.3 d 5.0 d
5 6 7 7 8 8 9 9 10 10 10 16 6 10 10 16 6 1 7 7 8 8 8 9 9 9 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Salt Soger Chicken Seasoning Powder, Knorr Brand White Rice, coloid  White Rice, coloid  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Green only  Green	28.5 28.5 28.5 28.5 28.5 28.5 28.5 28.5	1878 1 18	6.8 3.6 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	Safe table  Sage white  Cook Sagoning Traded Chick  Sage white  Same and Sage Sage Sage  Safe Sage Sage Sage  Safe Sage Sage Sage Sage  Safe Sage Sage Sage Sage Sage  Man and Man Sage Sage Sage Sage  Sage Sage Sage Sage Sage Sage Sage Sage  Sage Sage Sage Sage Sage Sage Sage Sage	НРВ	0 382.78 382.78 255.00	0 116 28 29 9 10 10 116 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 1.9 0.1 1.9 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101.1 10.1 10.0 100.1 10	0 100 100 100 100 100 100 100 100 100 1	0   3   2   2   2   2   2   2   2   2   2	01   1   1   1   1   1   1   1   1   1	000 000 000 000 000 000 000 000 000 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 1.2 65.8 0.5 0.0 0.0 0.5 0.0 0.0 0.0 0.0 0.0 0.0	0.0	0.0 d 46.3 d 5.0 d
5 6 7 7 8 8 9 9 9 Food Allergens	Salt Sogar Chicken Sessoning Plowder, Knorr Brand White Rice, coloided  White Rice, coloided  Salt Salt Salt Salt Salt Salt Salt Sal	Ince only)  Ince only)  Ince only)  Ince only)  Ince only only only only only only only only	60.0  15.5  28.5	1878 1 18	6.8 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6 3.6	Self table Sage, white Konn Makaning Provider Chick White Tris coulded Konn Takaning Provider Chick White Tris coulded Self table Se	НРВ	0 392.78	0 116 28 29 9 10 10 116 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 1.9 0.1 1.9 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101.1 0 0 100 100 100 34.5 31.1 31.1 0.9 0.9 0.1 42.41 68 42.41 68 62 23.96 68 68 68 68 68 68 68 68 68 68 68 68 68	0 0 1 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0		01   1   1   1   1   1   1   1   1   1	000 000 000 000 000 000 000 000 000 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 1.2 1.2 1.0 0.0 1.2 1.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0	0.0 de
5 6 7 7 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Sale Social Social Powder, Enert Brand Chicken Social Powder, Enert Brand Chicken Social Powder, Enert Brand Chicken See, evening Powder, Enert Brand Sale Monocodium (Sight Annuel A (Amonosto) Proper Prope	rice only)  Urrand PORT  Rosated Port  Combined Component Fig.  Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Rosated Component Rosated Component Rosated Component Rosated Component Rosated Component Rosated Rosated Component Rosated Rosated Component Rosated Rosated Rosated Component Rosated Rosa	60.0  15.5  28.5	197.8 197.5	6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Self table Seguration Cooking Window Cooking Window Self Table Sel	HPB   HPB	0 392.78	0 116 28 28 3 28 3 28 3 28 3 28 3 28 3 28 3	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1.9 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   10   100	0	0   32   32   32   33   34   34   35   35   35   35   35	01   02   03   04   04   05   05   05   05   05   05	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 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 0.0 1.6 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 0.0 0.0 0.0 0.0 0.0 0.0	0.0 de
5 6 7 7 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	Sale Social Social Powder, Enert Brand Chicken Social Powder, Enert Brand Chicken Social Powder, Enert Brand Chicken See, evening Powder, Enert Brand Sale Monocodium (Sight Annuel A (Amonosto) Proper Prope	rice only)  Urrand Port  Rosstad  Port  Sessoning  Combined  Component  X  X  Combined  Component  Component  Component  Component  Component  Component  Rosstad  Component  Rosstad  Component  Rosstad  Component  Rosstad  Component  Rosstad  Component  Component  Rosstad  Component  Component  Component  Component  Component  Rosstad  Component  Com	60.0  15.5  28.5	1973 1973 1974 1975 1975 1975 1975 1975 1975 1975 1975	6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Self table Seguration Cooking Window Cooking Window Self Table Sel	НРВ	0 392.78	0 116 28 29 9 10 10 116 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1.9 0 1.19 1.15 1.15 1.15 1.15 1.15 1.15 1.15	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101.1 10.1 10.1 10.1 10.1 10.1 10.1 10.	0 1 0 0 1 0 0 1 0 0 1 0 0 0 1 0 0 0 1 0 0 0 1 0		011 000 000 000 000 000 000 000 000 000	00 00 00 00 00 00 00 00 00 00 00 00 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 1.2 0.0 1.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0	0.0 de
\$\frac{5}{6}\$ \$\frac{6}{7}\$ \$\frac{7}{2}\$ \$\frac{1}{3}\$ \$\	Salt Soger Chicken Seasoning Powder, Knorr Brand White Reco, coloked  Soger Chicken Seasoning Powder, Knorr Brand White Reco, coloked  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Urrand PORT  Rosated Port  Combined Component Fig.  Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Fig. Rosated Component Rosated Component Rosated Component Rosated Component Rosated Component Rosated Component Rosated Rosated Component Rosated Rosated Component Rosated Rosated Rosated Component Rosated Rosa	60.0   15.5   28.5   39.2   29.5   39.2   29.5   39.2   29.5   39.2   29.5   39.2   29.5	1973 a reducts 1 275 1 2	6.8 1.6 3.5 2.2 2.5 9.    Weight of One Serving 1.2 2.2 5.9 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2.2 2	Salt table Sage, white Know Jacomorphouder Chick Sage, white Know Jacomorphouder Chick Sage, white Know Jacomorphouder Chick Sage, Sage Salt table Salt ta	HPB	0 302.78	0 10 116 12 22 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1.9 1 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101.1 10.1 10.1 10.1 10.1 10.1 10.1 10.	0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0   3   2   2   2   2   2   2   2   2   2	01   0.0	0.0 0.0 0.1 0.1 0.1 0.1 0.0 0.1 0.1 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 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0   0.0	0.00 de
\$ 6 6 7 7 10 10 10 10 10 10 10 10 10 10 10 10 10	Salt Soger Chicken Seasoning Powder, Knorr Brand White Rice, coloid  White Rice, coloid  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Urrend POPT  Rosated PoPT  Combined Chicken  Rosated Chicken  Combined Chicken  Combined Chicken  Rosated Chicken  Rosated Chicken  Combined Chicken  Combined Chicken  Combined Chicken  Rosated Chicken  Rosated Chicken  Rosated Chicken  Combined Chicken  Combined Chicken  Rosated Chicken  Combined Chicken  Combined Chicken  Combined Chicken  Combined Chicken  Combined Chicken  Chic	60.0   15.5   28.5	1973 1975 1975 1975 1975 1975 1975 1975 1975	6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Salt table Sags, white Know Seasons prouder Chick White Irac cooked Sags, white Sags, white Sags, white Sags, white Sags, sags	HPB   HPB	0 39.7.48 39.7	0 116 228 229 229 279 279 279 279 279 279 279 279	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1.9 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	100.1 100.1	0	0   3   2   2   2   2   2   2   2   2   2	01   1   1   1   1   1   1   1   1   1	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 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0   0.0	2.00 de
5 6 7 7 8 9 9 10 10 11 12 2 3 3 4 4 5 5 6 6 6 6 7 7 8 8 9 9 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Sale Sole Soles Security Services Chicken Security Services Soles Security Services Sale Services Sa	rice only)  Treate Tork  Rosated Pork  Seasoning Component  General Component  Component  Component  Component  Component  Component  X  X  Combined  Component  Comp	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7   28.7   28.5   28.7   28.7   28.7   28.5	197.8 100.2	6.8 16 16 18 16 18 18 18 18 18 18 18 18 18 18 18 18 18	Safe table  Sage white  Cook Resource Trained Chick  Sages white  Same and Same and Same  Administration of Same  Same and Same	HPB   HPB	0 382.78	0 10 116 117 117 117 117 117 117 117 117 117	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   10   100	0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		01   1   1   1   1   1   1   1   1   1	00 00 00 00 00 00 00 00 00 00 00 00 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0   0.0	0.00 1.00 1.00 1.00 1.00 1.00 1.00 1.00
S	Salt Source Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Chicken Secondary	rice only)  Torsid Pork  Rosated  Rosated  Fork  Seasoning  General Rosated  Component  Seasoning  Component  Component  Rosated  Rosated  Rosated  Rosated  Rosated  Rosated  Rosated  Component  Component  Component  Component  Rosated  Component  Component  Rosated  Component  Component  Rosated  Component  Component	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7   28.7   28.5   28.7   28.5   28.7   28.5	1978 1 19	6.8 16 16 18 18 18 18 18 18 18 18 18 18 18 18 18	Self table Sage white Coop Segent Product Chick Sage white Coop Segent S	HPB   HPB	0 392.78	0 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 2 0 2 0 2 2 2 5 6 1 5 6 5 6 5 6 5 6 5 6 5 6 5 6 5 6 5	100.1 0.0 100.2 100.2 100.2 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		01   0.0	00 00 00 00 00 00 00 00 00 00 00 00 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 0.0 1.6 0.0 1.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0   0.0	2.00 1.00 1.00 1.00 1.00 1.00 1.00 1.00
\$ 6 6 7 7 8 9 9 10 10 1 1 2 2 3 3 4 4 5 6 6 7 7 8 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Salt Soger Chicken Seasoning Powder, Knorr Brand White Rice, coloid  White Rice, coloid  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  turning rorr.  Rosated Port Port Seasoning Seasoning Seasoning Seasoning Fig. 1  Combined Component Seasoning Seasoning Seasoning Component Seasoning Seasoning Seasoning Seasoning Seasoning Seasoning Seasoning	G0.0   15.5   32.2	1973 a products   Weight of   1973 products   Weight of   1975 products   1975	6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Self table  Sage white  Sage white  Same Seasons prouder Clock  White rice cooked  Same Seasons prouder Clock  Same Seasons prouder Clock  Same Seasons prouder  Same Seasons pr	HPB   HPB	0 382.78 387.78	0 116 228 228 228 228 229 229 229 229 229 229	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   10   100	0	0   0   0   0   0   0   0   0   0   0	01   1   1   1   1   1   1   1   1   1	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 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0   0.0	0.00 1.00 1.00 1.00 1.00 1.00 1.00 1.00
5 6 7 7 8 9 9 9 10 10 11 12 2 2 3 3 4 4 5 5 6 6 6 7 7 8 8 9 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Sale Sole Sole Sole Sole Sole Sole Sole So	rice only)  Treated Fork  Rosated Fork  Seasoning Component  Component  Rosated Component	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7   28.7   28.7   28.7   28.7   28.5	1973 1973 1974 1975 1976 1976 1976 1976 1976 1976 1976 1976	e.8. 16. 16. 18. 18. 19. 19. 19. 19. 19. 19. 19. 19. 19. 19	Self table  Sons standing Trained Chick Sons Management Trained  Sons Sensor Self Self  Solf table  So	HPB   HPB	0 382.78	0   10   10   10   10   10   10   10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   10   100	0		01   0.0	00 00 00 00 00 00 00 00 00 00 00 00 00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 0.0 1.6 0.0 1.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0	2.00 1.00 1.00 1.00 1.00 1.00 1.00 1.00
\$\frac{5}{6}\$ \$\frac{6}{7}\$ \$\frac{7}{2}\$ \$\frac{1}{6}\$ \$\frac{9}{2}\$ \$\frac{10}{10}\$ \$\frac{11}{12}\$ \$\frac{12}{12}\$ \$\frac{14}{14}\$ \$\frac{14}{15}\$ \$\frac{14}{15}\$ \$\frac{1}{15}\$ \$\frac{1}{10}\$ \$\fra	Salt Solt Sogar Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Salt Solt Solt Solt Solt Solt Solt Solt So	rice only)  Torsian Point  Torsian P	G0.0   15.5   28.5   39.2   28.5   39.2   28.5   39.2   28.5   39.2   29.5	1973 a products   Weight of   1973 a products   Weight of   1973 a products   1974 a products   1975 a	6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Sait table Sage, white Commissions phosider Chick Sage, white Commissions phosider Chick Sage, white Commissions phosider Chick Sage of the Sage of th	HPB   HPB	0 382.78 387.78	0   0   0   116   0   0   0   116   0   0   0   0   0   0   116   0   0   0   0   0   0   0   0   0	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   100	0		01   1   1   1   1   1   1   1   1   1	00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0	0.00 1.00 1.00 1.00 1.00 1.00 1.00 1.00
S	Salt Sogar Chicken Seasoning Powder, Knorr Brand White Roce, coloked  Sogar Chicken Seasoning Powder, Knorr Brand White Roce, coloked  Salt Salt Salt Salt Salt Salt Salt Sal	rice only)  Urresta Port  Rosated  Combined  Component  Combined  Component  Combined  Component  Combined  Component  Combined  Component  Com	Go   Go   Go   Go   Go   Go   Go   Go	1973 a products   Weight of   1973 a products   Weight of   1973 a products   1974 a products   1975 a	6.8	Salt table Sage, white Know Seasons provider Chick Sage, white Know Seasons provider Chick Sage, white Same Seasons provider Chick Salt table S	HPB   HPB	0 392.78	0   0   0   116   0   0   0   116   0   0   0   0   0   0   116   0   0   0   0   0   0   0   0   0	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	101   10   100	0		01   1   1   1   1   1   1   1   1   1	00	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0	0.00 dd d
S	Sale Sale Sale Sale Sale Sale Sale Sale	rice only)  Treated Pork  Rosated Pork  Combined Component  Egg noodes,  X X  Combined Component  For the Co	Go   Go   Go   Go   Go   Go   Go   Go	1973 1973 1974 1975 1975 1975 1975 1975 1975 1975 1975	6.8 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Selt table Sage white Product National Selection of Selection Research	HPB   HPB	0 392.78	0   0   0   116   0   0   0   116   0   0   0   0   0   0   116   0   0   0   0   0   0   0   0   0	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	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 0 0 0 0 0 0 0 0 0 0	100.1 100.1	0	m Energy P 4 13 13 17 6 680 1 132 1 15 1 15 1 15 1 15 1 15 1 15 1 1	01   1   1   1   1   1   1   1   1   1	000   000	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0   0.0	0.00 ddd3 ddd3 ddd4 ddd4 ddd4 ddd4 ddd4 dd
S	Salt Solt Solger Chicken Security Powder, Knorr Brand Chicken Security Powder, Knorr Brand Chicken Security Powder, Knorr Brand Salt Monocodeum Calendarde (Alexandro) Proport Free Security Powder Constitutes Piles, Time Weight of Constitutes Piles, Time Weight of Constitutes and Constitutes (Salt Monocodeum Calendardo) Free Security Powder Constitutes and Constitutes (Salt Salt Monocodeum Calendardo) Free Security Powder Constitutes and Constitutes (Salt Salt Salt Salt Salt Salt Salt Salt	rice only)  Urresta Port  Rosated  Combined  Component  Combined  Component  Combined  Component  Combined  Component  Combined  Component  Com	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7   28.7   28.5   28.7	1973 1975 1975 1975 1975 1975 1975 1975 1975	6.8	Self table Segur white Cooking without Chick Segur white Cooking without Chick Segur white Cooking with white Self table	HPB   HPB	0 392 78	0 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	0 0 1 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 2 0 2 2 2 2 5 6 1 5 6 5 6 5 6 5 6 5 6 5 6 5 6 5 6 5	100.1 100.2	0		01   0.0	October   October	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 0.0 1.6 0.0 1.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0	0.00 ddd3 ddd3 ddd3 ddd3 dddd3 dddd3 dddd3 dddd3 dddd3 dddddd
S	Salt Solt Solger Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Chicken Secondary Powder, Knorr Brand Salt Monocodum Chicken Secondary Proport Types Silver Powder Covernment Silver Free Weight of Covernment Silver Free Weight of Covernment Silver Free Chicken Secondary Silver Noodles) - Regular Chicken Secondary Silver Free Chicken Secondary Silver Free Chicken Secondary Silver Free Chicken Secondary Silver Free Chicken Secondary Silver S	rice only)  Treated Port  Resided  Resided  Fort  Seasoning  Resided  Component  Fort  Combined  Component  Fort  Resided  Component  Component  Resided  Re	60.0   15.5   28.5   29.2   28.5   29.2   28.5   29.2	1973 2 1974 1 1972 1 19	6.8	Safe table Sage, white Commissions phosider Chick Sage, white Commissions phosider Chick Sage, white Commissions phosider Chick Sage of the Sage of the Sage Safe of the Sage of the Sage Safe of the Sage of the Sage of the Sage Sage of the Sage of	HPB   HPB	0 302.78	0 10 116 22 23 20 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 19 19 11 11 15 1 10 10 10 10 10 10 10 10 10 10 10 10 1	0 0 2 0 2 2 2 55 of Sug	100   100	0		Protein Fee	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 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0	0.00 dd d
S	Sale Sole Sole Sole Sole Sole Sole Sole So	rice only)  urmon rorr.  Roasted Port Port Seasoning Sea	60.0   15.5   28.5   28.7	197.8   197.5   197.	6.8	Self table  Sage white  Sage white  Sage white  Sage white  Sage white  Sage	HPB   HPB	0 382.78	0 10 10 10 10 10 10 10 10 10 10 10 10 10	0 0 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	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 0 0 0 0 0 0 0 0 0 0	101   10   10   10   10   10   10   1	0		01   1   1   1   1   1   1   1   1   1	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 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 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 0.0 0.0 0.0 0.0 0.0 0.0 0.0
S	Salt Solg Solg Chicken Security Provided Transe Chicken Security Provided Transe Solg Monocodem College Solg Solg Monocodem College Solg Solg Monocodem College Solg Monocodem College Solg Monocodem College Monocodem Monocodem College Monocodem	rice only)  Treate Toxic  Rosated Pork Seasoning For No.  Combined Component For No.  Combined Chicken  Rosated Chicken For No.  Combined Chicken For No.  Component For No.  Compon	60.0   15.5   28.5   29.2   28.5   29.2   28.5   29.2	1973 1975 1975 1975 1975 1975 1975 1975 1975	6.8 6.8 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	Safe table  Sage, white  Cook Sages Treader Chick  Sages Andrea  Cook Sages Sages Sages  Sages Sages  Sages Sages  Sages Sages  Sages Sages  Sages Sages  Sages Sages  Sag	HPB	0 392 78	0   10   10   10   10   10   10   10	0 0 1 212	0	0 0 2 0 2 2 2 55g of Sugar Super Sup	101   102   103   104	0   0   0   0   0   0   0   0   0   0		01   0.0	000   000	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 1.6 0.0 1.6 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	0.0	0.0 d.
S	Salt Solt Solger Chicken Security Powder, Knorr Brand Chicken Security Powder, Knorr Brand Chicken Security Sold Sold Sold Sold Sold Sold Sold Sold	rice only)  Treated Pork  Rosated  Combined  Component	60.0   15.5   28.5   28.7	1973 1975 1975 1975 1975 1975 1975 1975 1975	6.8 1.6 1.3 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2 1.2	Salt table Sage white Commissions phoded Chick Sage white Commissions phoded Chick Sage white Salt table	HPB	0 30.7 M	0   10   10   10   10   10   10   10	0   0   1   1   1   1   1   1   1   1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 2 0 2 2 2 55 of Jug 100 (12) 1 2 2 55 of Jug 2 2 2 55 of Jug 2 2 2 55 of Jug 2 55 of	101   102   103	0		01   02   03   04   03   04   04   05   05   05   05   05   05	Oct	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6	0.0	0.0 d.
5 6 7 9 10 11 12 12 13 14 14 15 15 15 16 6 7 7 8 8 9 9 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Salt Solt Solg Solg Solg Solg Solg Solg Solg Solg	rice only)  Torsion Portion  Rosated  Combined  Component  Seasoning  Rosated  Component  Component  Component  Rosated	60.0   15.5   28.5   29.2   2   28.5   29.2   2   20.0   2   20.0   2   2   2   2   2   2   2   2   2	1973 2 900-011 1973 2	6.8	Sait table Sagu white Commissions phoseder Chick Sagu white Commissions phoseder Chick Sagu white Commissions phoseder Chick Sagu white Sait table Sait ta	HPB   HPB	0 302.78	0   0   116.0   12.0	0   0   1   1   1   1   1   1   1   1	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   0	100   100	0		Protein Per	October   Octo	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6	0.0	0.0 d.
5 6 7 9 10 10 11 12 12 13 14 15 15 15 16 6 7 18 16 16 17 17 18 18 19 19 19 19 19 19 19 19 19 19 19 19 19	Salt Solg Solg Solg Solg Solg Solg Solg Solg	rice only)  Treated Pork  Rosated  Combined  Component	60.0   15.5   28.5   28.7   28.5   28.7   28.5   28.7   28.7   28.5   28.7	1973 1975 1975 1975 1975 1975 1975 1975 1975	6.8	Salt table Sagu white Cook Resource Treader Chick Sagu white Cook Resource Treader Chick Sagu white Salt table	HPB   HPB	0 382.78	0   10   10   10   10   10   10   10	0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 2 0 2 0 2 0 2 0 0 0 0 0 0 0 0 0 0 0	101   102   103   104	0		01   1   1   1   1   1   1   1   1   1	000   000	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.6 0.0 3.6 0.0 3.6 0.0 3.6 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 d.

	Cereals containing gluten  Crustacean and crustacean products	X X	Eggs and eg Fish and fish	g products h products		Peanuts, soybeans and their pr Milk and milk products	X X	Tree nuts an Sulphites in		х		> 25g of Sug	ar Per Serving									
Dish 9	White Chicken Noodles (Egg Noodles) - Regular	Combined		Weight of	Weight of	Cooking Method/ Remarks					Saturated	Dietary	Carbohydra	ur Pe		Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients	Component	Component s Weight (g	Prepration (g)	One Serving (g)	Ingredient Names in Database Noones, egg, cooked,	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g (g)	Sugar Per 100 100g (g) (m	Og Portion g) (Kcal)	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (mg)
2 3	Egg Noodles, blanched Chicken Seasoning Powder, Knorr Brand Chicken, unspecified, with skin, poached	noodles,	172.7 29.9	167.5 5.2 29.9	167.5 5.2 29.9	Knorr Seasoning Powder Chicks	HPB TES HPB	138.0 235 193.834	4.5 11.6 20.6	2.1 4.1 12.3	0.42 1.9 4.7	0.2 0	23.96 34.5 0	0.4 5 9.8 ## 0 16		7.5 0.6 6.2	3.5 0.2 3.7	0.7 0.1 1.4	0.0 0.0	40.1 1.8 0.0	0.7 0.5 0.0	8.4 879.7 50.5
5 6	Salt Light Soy Sauce Water	White Chicken Seasoning	15.0	698.6 649.5 1477.1	3.4	Salt, table Soya sauce, light Water, plain	HPB HPB	0 50 0	0 4.4 0	0	0	0 0.2 0	0 8.1 0	0 ## 10 ## 0 0	# 0.0 # 1.7 0.0	0.0 0.2 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.3 0.0	0.0 0.3 0.0	1453.3 174.4 0.0
7	Chive Sim. blanched Weight of	Chve Sim of One Portion	246.1	28.5	28.5 246.1	Bok chov or chov sum. raw	AUS	14.3	2.5	0.2	0	2.4	0.6 Nutrient	0.6 5 s of One Portio	7 4.1	0.7 15.2	0.1 7.5	0.0	0.7	0.2 42.4	0.2	16.2 2583
Allergens	Cereals containing gluten  Crustacean and crustacean products	X	Eggs and eg Fish and fish		•	Peanuts, soybeans and their pr Milk and milk products			concentrates	Х		> 25g or Sug	ar Per Serving									
Dish 10	White Chicken Noodles (Egg Noodles) - Large	Combined		Weight of	Weight of	Cooking Method/ Remarks					Saturated	Dietary	Carbohydra	ur Pe	n Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Egg Noodles, blanched	Component s Egg	Component s Weight (g	Prepration (g) 167.5	One Serving (g) 167.5	Ingredient Names in Database	Data Source HPB	Energy Per 100g (kcal) 138.0	Protein Per 100g (g) 4.5	Total Fat Per 100g (g) 2.1	Fat Per 100g (g) 0.42	Fibre Per 100g (g) 1.2	te Per 100g (g) 23.96	Sugar Per 100 100g (g) (m 0.4	g Portion	Recipe Portion (g) 7.5	Per Recipe Portion (g) 3.5	Recipe Portion (g) 0.7	Recipe Portion (g) 2.0	Recipe Portion (g) 40.1	Recipe Portion (g) 0.7	Portion (mg) 8.4
2	Chicken Seasoning Powder, Knorr Brand Chicken, unspecified, with skin, poached	noodles, Poacned	172.7 59.8	5.2 59.8	5.2 59.8	Knorr Seasoning Powder Chicks Steamed chicken, with skin	TES HPB	235 193.834	11.6 20.6	4.1 12.3	1.9 4.7	0.2	34.5 0	9.8 ##	# 12.2 9 115.9	0.6 12.3	0.2 7.4	0.1 2.8	0.0	1.8	0.5	879.7 101.1
	Salt Light Soy Sauce Water	White Chicken Seasoning	15.0	698.6 649.5 1477.1	3.7 3.4 7.8	Salt. table Soya sauce, light Water, plain	HPB HPB HPB	0 50 0	0 4.4 0	0	0	0 0.2 0	0 8.1 0	0 ## 10 ## 0 (	# 1.7	0.0 0.2 0.0	0.0 0.0	0.0 0.0	0.0 0.0	0.0 0.3 0.0	0.0 0.3 0.0	1453.3 174.4 0.0
7	Chye Sim, blanched	Chye Sim of One Portion X	28.5 276.0 Eggs and eg	28.5	28.5 276.0	Bok choy or choy sum, raw  Peanuts, soybeans and their or	AUS	14.3	2.5	0.2 X	0	2.4	0.6 Nutrient ar Per Serving	0.6 5 s of One Portio	4.1	0.7 21.3	0.1 11.1	0.0 3.6	0.7 2.7	0.2 42.4	0.2 1.7	16.2 2633
Allergens	Crustacean and crustacean products	X	Fish and fish		х	Milk and milk products	x		concentrates			23g 01 30g	ai rei seiviik									
Dish 11	White Chicken Noodles (Hor Fun) - Regular	Combined		Weight of	Weight of	Cooking Method/ Remarks					Saturated	Dietary	Carbohydra	ur Pe		Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Hor Fun. blanched	Component s Hor Fun,	Component s Weight (g	Prepration (g) 180.2	One Serving (g)	Ingredient Names in Database Kway teow, cooked	Data Source HPB	Energy Per 100g (kcal) 140	Protein Per 100g (g) 1.8	Total Fat Per 100g (g) 1.53	Fat Per 100g (g) 0.68	Fibre Per 100g (g) 0.36	te Per 100g (g) 29.7	Sugar Per 100g (g) (m	g) (Kcal)	Recipe Portion (g) 3.2	Per Recipe Portion (g) 2.8	Recipe Portion (g)	Recipe Portion (g) 0.6	Recipe Portion (g) 53.5	Recipe Portion (g)	Portion (mg) 21.6
2	Chicken Seasoning Powder, Knorr Brand Chicken, unspecified, with skin, poached	blanched, Poacned White	185.4 29.9	5.2 29.9	5.2 29.9	Knorr Seasoning Powder Chicks Steamed chicken, with skin	TES HPB	235 193.834	11.6 20.6	4.1	1.9	0.2	34.5 0	9.8 ##	# 12.2 9 58.0	0.6 6.2	0.2 3.7	0.1 1.4	0.0	1.8	0.5	879.7 50.5
5 6	Salt Light Soy Sauce Water	Chicken Seasoning	15.0	698.6 649.5 1477.1	3.7 3.4 7.8	Salt, table Soya sauce, light Water, plain	HPB HPB	0 50 0	0 4.4 0	0	0	0 0.2 0	0 8.1 0	0 ## 10 ## 0 (	# 1.7	0.0 0.2 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.3 0.0	0.0 0.3 0.0	1453.3 174.4 0.0
	Chye Sim, blanched  Weight of Cereals containing gluten	Chye Sim of One Portion	28.5 258.8 Eggs and eg	28.5 se products	258.8	Bok choy or choy sum, raw  Peanuts, sovbeans and their or	AUS	14.3 Tree nuts an	2.5	0.2 X	0	2.4 > 25g of Sug	0.6 Nutrient ar Per Serving	0.6 5 s of One Portio		0.7 10.9	6.7	0.0 2.7	0.7 1.4	0.2 55.8	1.0	16.2 2596
Allergens	Crustacean and crustacean products	X	Fish and fish		х	Milk and milk products		Sulphites in	concentrates													
USR 12	White Chicken Noodles (Hor Fun) - Large	Combined		Weight of	Weight of	Cooking Method/ Remarks					Saturated	Dietary	Carbohydra	ur Pe		Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Hor Fun, blanched	Component s Hor Fun,	component s Weight (g	Prepration (g) 180.2	One Serving (g) 180.2	Ingredient Names in Database Kway teow, cooked	Data Source HPB	Energy Per 100g (kcal) 140	Protein Per 100g (g) 1.8	Total Fat Per 100g (g) 1.53	Fat Per 100g (g) 0.68	Fibre Per 100g (g) 0.36	te Per 100g (g) 29.7	Sugar Per 100 100g (g) (m	g) (Kcal)	Recipe Portion (g) 3.2	Per Recipe Portion (g) 2.8	Recipe Portion (g) 1.2	Recipe Portion (g) 0.6	Recipe Portion (g) 53.5	Recipe Portion (g) 0.0	Portion (mg) 21.6
2 3 4	Chicken Seasoning Powder, Knorr Brand Chicken, unspecified, with skin, poached	blanched, roached White	185.4	5.2 59.8 698.6		Knorr Seasoning Powder Chicks Steamed Chicken, with Skin	TES HPB	235 193.834 0	11.6 20.6	4.1 12.3	1.9 4.7	0.2	34.5 0	9.8 ## 0 16 0 ##	# 12.2 9 115.9	0.6 12.3 0.0	0.2 7.4 0.0	0.1 2.8 0.0	0.0 0.0 0.0	1.8 0.0 0.0	0.5	879.7 101.1 1453.3
5 6	Salt Light Soy Sauce Water	Chicken Seasoning	15.0	649.5 1477.1	3.4 7.8	Salt, table Soya sauce, light Water, plain	HPB HPB	50 0	0 4.4 0	0	0	0.2	8.1 0	10 ##	1.7	0.2	0.0	0.0	0.0	0.3	0.3	174.4 0.0
7 Food	Cereals containing gluten	Chve Sim of One Portion	Eggs and eg		28.5 288.7 X	Bok chov or chov sum. raw Peanuts, soybeans and their pr	AUS	14.3 Tree nuts an	2.5 nd nut produc	0.2 X	0	2.4 > 25g of Sug	0.6 Nutrient ar Per Serving	0.6 5 s of One Portio		0.7 17.0	10.4	4.1	1.4	0.2 55.8	1.0	16.2 2646
Allergens	Crustacean and crustacean products  Char Siew Noodles (Egg Noodles) - Regular	х	Fish and fish		х	Milk and milk products  Cooking Method/ Remarks	x	Sulphites in	concentrates													
2		Combined Component	Come	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	ur Po Sugar Per 10	r Recipe	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
No.		s Egg	s Weight (g	(g) 167.5	(g) 167.5	Ingredient Names in Database Noones, egg, cookeu,	Source HPB	100g (kcal) 138.0	100g (g) 4.5	Per 100g (g) 2.1	100g (g) 0.42	100g (g)	(g) 23.96	100g (g) (m 0.4 5	(Kcal) 231.2	Portion (g) 7.5	Portion (g) 3.5	Portion (g) 0.7	Portion (g) 2.0	Portion (g) 40.1	Portion (g) 0.7	(mg) 8.4
3	Chicken Seasoning Powder, Knorr Brand Pork Belly, with skin, grilled Red Colouring Food Dve	noodles, Grilled Pork	30.8	5.2 30.8 14.5	5.2 30.8 0.1	Knorr Seasoning Powder Chick Roasted pork belly Green food colouring (NNS)	TES HPB HPB	235 387.428 0.0	11.6 23.9 0	4.1 31.9	1.9 13.5 0	0.2	34.5 0.9	9.8 ## 0 44 0 0	3 119.3	0.6 7.4 0.0	9.8 0.0	0.1 4.2 0.0	0.0 0.0	1.8 0.3 0.0	0.5 0.0 0.0	879.7 136.4 0.0
5	Sugar Oyster Sauce	Char Siew Seasoning		2985.8 296.6	10.7 1.1	Sugar, white Oyster sauce	HPB HPB	382.78 70.0	0 2.3	0.2	0.001	0.001	100 14.7	100 0	40.8 # 0.7	0.0	0.0	0.0	0.0	10.7	10.7 0.2	0.0 41.0
7 8 9	Light Soy Sauce Dark Soy Sauce Onion	and Colouring	14.8	489.5 97.7 102.6		Soya sauce, light Sauce, soya, dark, savoury Onion, large, raw, peeled	HPB HPB HPB	50 86 30.38	7.8 1.7	0 0.4 0.1	0 0 0.001	0.2 0 2.1	8.1 12.9 4.6	10 ## 8.12 ## 4.6 1	# 0.3	0.1 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.1 0.0 0.0	0.2 0.0 0.0	88.4 14.1 0.0
10 11 12	Garlic Salt Chve Sim. blanched	Chve Sim	28.5	99.4 50.0 28.5	0.2	Garlic, raw Salt, table Bok chov or chov sum. raw	USDA HPB AUS	149 0 14.3	6.36 0 2.5	0.5 0 0.2	0.089	2.1 0 2.4	30.96 0 0.6	1 1 0 ## 0.6 5	# 0.0	0.0 0.0 0.7	0.0 0.0 0.1	0.0 0.0	0.0 0.0 0.7	0.1 0.0 0.2	0.0 0.0 0.2	0.1 70.0 16.2
Food	Cereals containing gluten  Crustacean and crustacean products	f One Portion	246.8 Eggs and eg Fish and fish	g products	246.8 X	Peanuts, soybeans and their pr Milk and milk products	X		nd nut produc	х		> 25g of Sug	Nutrient ar Per Serving	s of One Portio	n 410	16.4	13.6	5.0	2.7	53.5	12.4	1254
	Char Siew Noodles (Egg Noodles) - Large		1.0.0	products		Cooking Method/ Remarks	_	Journe	Concentraces				1									
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	Pe Sugar Per 10		Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
No. 1 2	Ingredients Egg Noodles, blanched Chicken Seasoning Powder, Knorr Brand	Egg noodles,	s Weight (g	(g) 167.5 5.2	(g) 167.5 5.2	Ingredient Names in Database Noonies, egg, cooked, Knorr Seasoning Powder Chick	Source HPB TES	100g (kcal) 138.0 235		2.1 4.1	100g (g) 0.42 1.9	100g (g) 1.2 0.2	(g) 23.96 34.5	100g (g) (m 0.4 5 9.8 ##	231.2	7.5 0.6	3.5 0.2	0.7 0.1	2.0 0.0	40.1 1.8	0.7 0.5	(mg) 8.4 879.7
3 4 5	Pork Belly, with skin, grilled Red Colouring Food Dve	Grilled Pork	61.5	61.5 14.5 2985.8	61.5 0.1 10.7	Roasted pork belly Green food colouring (NNS)	HPB HPB	387.428 0.0 382.78	23.9 0	31.9 0	13.5	0	0.9 0 100	0 44 0 0	3 238.3	14.7 0.0 0.0	19.6 0.0 0.0	8.3 0.0 0.0	0.0	0.6 0.0 10.7	0.0 0.0 10.7	272.4 0.0 0.0
6 7	Sugar Oyster Sauce	Char Siew Seasoning	14.8	296.6 489.5	1.1 1.7	Sugar, white Oyster sauce Soya sauce, light	HPB HPB HPB	70.0 50	0 2.3 4.4	0 0.2 0	0.001	0.001	14.7 8.1	14.7 ##	# 0.7 # 0.9	0.0	0.0	0.0	0.0		0.2	41.0 88.4
8	Light Soy Sauce			97.7		Sauce, soya, dark, savoury	HPB	86	7.8 1.7	0.4	0	0 2.1	12.9					0.0	0.0	0.2	0.2	
9	Dark Soy Sauce Onion	and Colouring		102.6 99.4		Onion, large, raw, peeled Garlic, raw	HPB USDA	30.38 149			0.001		4.6 30.96	8.12 ## 4.6 1 1 1	0.1	0.0 0.0 0.0	0.0	0.0	0.0 0.0 0.0	0.1 0.0 0.0	0.0	14.1 0.0 0.1
	Dark Soy Sauce Onion Garilic Salt Chye Sim, blanched	Chye Sim	28.5 277.5	99.4 50.0 28.5	0.4 0.2 28.5	Onion, large, raw, peeled Garlic, raw Salt, table Bok choy or choy sum, raw	HPB USDA HPB AUS	30.38 149 0 14.3	6.36 0 2.5	0.5 0 0.2	0.001 0.089 0	2.1 0 2.4	30.96 0 0.6	4.6 1 1 1 0 ## 0.6 5	0.1 7 0.5 # 0.0 7 4.1	0.0 0.0 0.0 0.7	0.0 0.0 0.0 0.0 0.1	0.0 0.0 0.0 0.0 0.0	0.0 0.0 0.0 0.0 0.0 0.0	0.1 0.0 0.0 0.1 0.0 0.2	0.0 0.0 0.0 0.0 0.0	0.0 0.1 70.0 16.2
9 10 11 12 Food	Dark Soy Sauce Onion Garilic Salt Chye Sim, blanched	Chye Sim  f One Portion	277.5 Eggs and eg	99.4 50.0 28.5	0.4 0.2 28.5 277.5	Garlic, raw Salt, table	USDA HPB AUS	149 0 14.3	6.36 0	0.5 0 0.2		2.1 0 2.4	30.96 0 0.6	4.6 1 1 1 0 ## 0.6 5 s of One Portio	0.1 7 0.5 # 0.0 7 4.1	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 0.0 0.0	0.1 0.0 0.0 0.1 0.0	0.0 0.0 0.0 0.0	0.0 0.1 70.0
9 10 11 12 Food Allergens	Dark Soy Sauce Onion Garlic Sarlic Sarlic Chive Sim, blanched Weight of Cereals containing gluten	Chye Sim  f One Portion	277.5 Eggs and eg	99.4 50.0 28.5 g products h products	0.4 0.2 28.5 277.5 X	Garlic, raw Salt, table Bok choy or choy sum, raw Peanuts, soybeans and their pr	USDA HPB AUS	149 0 14.3	6.36 0 2.5	0.5 0 0.2		2.1 0 2.4 > 25g of Sug	30.96 0 0.6 Nutrient	4.6 1 1 1 0 ## 0.6 5 s of One Portio	1 0.1 7 0.5 # 0.0 7 4.1 n 529	0.0 0.0 0.0 0.7	0.0 0.0 0.0 0.0 0.1 23.4	0.0 0.0 0.0 0.0 0.0 9.1	0.0 0.0 0.0 0.0 0.0 0.7 2.7	0.1 0.0 0.0 0.1 0.0 0.2 53.8	0.0 0.0 0.0 0.0 0.0 0.2 12.4	0.0 0.1 70.0 16.2 1390
9 10 11 12 Food Allergens	Dark Soy Saxee Onton Garlic Sarlic Selt Chee Sin blanched Creat containing gluten Crusticean and crustacean products Chee Sine Noodles (Hor Fun) - Regular	Chye Sim  f One Portion	277.5 Eggs and eg	99.4 50.0 28.5	0.4 0.2 28.5 277.5 X	Garlic, raw Salt, table Bok choy or choy sum, raw Peanuts, soybeans and their pr Milk and milk products	USDA HPB AUS	149 0 14.3	6.36 0 2.5 and nut produc concentrates	0.5 0 0.2		2.1 0 2.4	30.96 0 0.6 Nutrient	4.6 1 1 1 0 ## 0.6 5 s of One Portic	1 0.1 7 0.5 # 0.0 7 4.1 n 529	0.0 0.0 0.0 0.7	0.0 0.0 0.0 0.0 0.1	0.0 0.0 0.0 0.0 0.0 9.1	0.0 0.0 0.0 0.0 0.0 0.0 0.7 2.7	0.1 0.0 0.0 0.1 0.0 0.2 53.8	0.0 0.0 0.0 0.0 0.0	0.0 0.1 70.0 16.2 1390
9 10 11 12 Food Allergens Dish 15	Dark Sor Sasce Ontoin Garlic Garlic Garlic Gree Sin, blanched Grees Sin, blanched Grees Containing gluten Couts cean and crustacean products Char Siew Neodles (Hor Fun) - Regular Ingredients Hor Fun, Blanched Grisken Seasoning Reveder, Norre Hanal	and Colouring  Chye Sim of One Portion X X  Combined	277.5 Eggs and eg Fish and fish Component s Weight (g	99.4 50.0 28.5 sg products h products Weight of t Prepration (g) 180.2 5.2	0.4 0.2 28.5 277.5 X X Weight of One Serving (g) 180.2 5.2	Garlic, row Salt, table Salt, table Bok choy or choy sum, raw Peanuts, soybeans and their pr Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Kway teow, cooked Koort Seasoning Wooder Chick	USDA HPB AUS X X Data Source HPB TES	149 0 14.3 Tree nuts ar Sulphites in Energy Per 100g (krall) 140 235	6.36 0 2.5 and nut produc concentrates  Protein Per 100g (g) 1.8 11.6	0.5 0 0.2 X Total Fat Per 100g (g) 1.53 4.1	0.089 0 0 Saturated Fat Per 100g (g) 0.68 1.9	2.1 0 2.4 > 25g of Sugr Dietary Fibre Per 100g (g) 0.36 0.2	30.96 0 0.6 Nutrient ar Per Serving  Carbohydra te Per 100g (g) 29.7 34.5	4.6 1 1 1 0 # 0.6 5 s of One Portice  Sugar Per 10 100 (g) (m) 9.8 ##	0.1 7 0.5 8 0.0 7 4.1 n 529  Energy Per Recipe Portion (Kcal) 2 252.3 8 12.2	0.0 0.0 0.0 0.7 23.7 Protein Per Recipe Portion (g) 3.2 0.6	0.0 0.0 0.0 0.0 0.1 23.4 Total Fat Per Recipe Portion (g) 2.8 0.2	0.0 0.0 0.0 0.0 0.0 9.1 Saturated Fat Per Recipe Portion (g)	0.0 0.0 0.0 0.0 0.0 0.7 2.7 Dietary Fibre Per Recipe Portion (g) 0.6	0.1 0.0 0.0 0.1 0.0 0.2 53.8 Carbohyrat e Per Recipe Portion (g) 53.5 1.8	0.0 0.0 0.0 0.0 0.2 12.4 Sugar Per Recipe Portion (g) 0.0	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7
9 10 11 12 Food Allergens Dish 15	Dark Soy Sace  Chesten  Garle  Garle  Chesten  C	Combined Component S Component	277.5 Eggs and eg Fish and fish Component s Weight (g	99.4 50.0 28.5 g products h products t Prepration (g) 180.2 5.2 30.8 14.5 2985.8	0.4 0.2 28.5 277.5 X X Weight of One Serving (g) 180.2 5.2 30.8 0.1	Garlic, rew Satt table Bok choy or chry sum, rew Bok choy or chry sum, raw Peanuts, soybeans and their pr Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Kewa teow, cooked Koor Seasoning Powder Chick Roser Seasoning Powder Chick Roser Seasoning Powder Chick Seasoning Owder Chick Season Owd	USDA HP8 AUS  X X  Data Source HP8 TES HP8 HP8	149 0 14.3 Tree nuts at Sulphites in 100g (kcal) 140 235 387.42 0.0 382.78	Protein Per 100g (g) 1.8 11.6 23.9 0 0	0.5 0 0.2 X Total Fat Per 100g (g) 1.53 4.1 31.9 0	0.089 0 0 0 Saturated Fat Per 100g (s) 0.68 1.9 13.5 0	2.1 0 2.4 > 25g of Sugar Dietary Fibre Per 100g (g) 0.36 0.2 0	30.96 0 0.6 Nutrient ar Per Serving  Carbohydra te Per Jog (g) 29.7 34.5 0.9 0 100	4.6 1 1 1 0 ### 0.6 5 0.6 5 0.6 5 0.6 5 0.6 5 0.6 5 0.6 5 0.6 5 0.6 0.6 5 0.6 0.6 0.6 0.6 0.6 0.6 0.6 0.6 0.6 0.6	n Energy Per Recipe Recipe (Kal) (Kal) (Kal) (Kal) (Kal) (19.3 Hill 12.2 Hill 19.3 Hill 12.2 Hill 19.3 Hill 12.2 Hill 19.3 Hil	0.0 0.0 0.0 0.7 23.7 Protein Per Recipe Portion (g) 3.2 0.6 7.4 0.0	0.0 0.0 0.0 0.0 0.1 23.4 Total Fat Per Recipe Portion (g) 2.8 0.2 9.8 0.0 0.0	0.0 0.0 0.0 0.0 0.0 9.1 Saturated Fat Per Recipe Portion (g) 1.2 0.1 4.2 0.0	0.0 0.0 0.0 0.0 0.0 0.7 2.7 2.7 Dietary Fibre Per Recipe Portion (g) 0.6 0.0	0.1 0.0 0.0 0.1 0.0 0.2 53.8 Carbohyrat e Per Recipe Portion (g) 53.5 1.8 0.3 0.0	0.0 0.0 0.0 0.0 0.2 12.4 Sugar Per Recipe Portion (g) 0.0 0.5 0.0	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0
9 10 11 12 Food Allergens Dish 15 No. 1 2 3 3	Dark for Sace Christo Garlic Garlic Garlic Garlic Gree Garlic Gree Gree Gree Gree Gree Gree Gree Gre	and Colouring Chye Sim f One Portion X X  Combined Component Hor Fun,	277.5 Eggs and eg Fish and fish Component s Weight (g	99.4 50.0 28.5 28.5 28.5 28 products h products Weight of Prepration (g) 180.2 5.2 30.8 14.5	0.4 0.2 28.5 277.5 X X Weight of One Serving (g) 180.2 5.2 30.8 0.1	Garlic, raw Salt, table Bok choy or choy sum, raw Peanuts, sopheans and their Milk and milk products  Cooking Method/ Remarks Ingredient Names in Database Kway teow, cooked Koror Seasoning Wooder Chick Roasted pork belly	USDA HP8 AUS X X Data Source HP8 TES HP8 HP8	149 0 14.3 Tree nuts at Sulphites in Energy Per 100g (kcal) 140 235 387.428 0.0	6.36 0 2.5 and nut product concentrates  Protein Per 100g (g) 1.8 11.6 0 0	0.5 0 0.2 X Total Fat Per 100g (g) 1.53 4.1 31.9 0	0.089 0 0 0 Saturated Fat Per 100g (g) 0.68 1.9 1.3.5	2.1 0 2.4 > 25g of Sugi Dietary Fibre Per 100g (g) 0.36 0.2 0	30.96 0 0.6 Nutrient ar Per Serving  Carbohydra te Per 100g (g) 29.7 34.5 0.9 0	4.6 1 1 1 1 0 ## 0.6 5 s of One Portic  Sugar Per 10 100g (g) (m 0 1 9.8 ## 0 444 0 0 (	Energy Person Francisco Control Contro	0.0 0.0 0.0 0.7 23.7 Protein Per Recipe Portion (g) 3.2 0.6 7.4 0.0	0.0 0.0 0.0 0.0 0.1 23.4 Total Fat Per Recipe Portion (g) 2.8 0.2 9.8 0.0	0.0 0.0 0.0 0.0 0.0 9.1 Saturated Fat Per Recipe Portion (g) 1.2 0.1 4.2	0.0 0.0 0.0 0.0 0.0 0.7 2.7 2.7 Dietary Fibre Per Recipe Portion (g) 0.6 0.0 0.0 0.0 0.0 0.0 0.0	0.1 0.0 0.0 0.1 0.0 0.2 53.8 Carbohyrat e Per Recipe Portion (g) 53.5 1.8 0.3	0.0 0.0 0.0 0.0 0.2 12.4 Sugar Per Recipe Portion (g) 0.0 0.5 0.0	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 0.0
9 10 11 12 Food Allergens No. 1 2 3 4 4 5 6 6 7 8 9	Dark for Sace Chesh Garie  Garie  Garie  Chesh Garie  Chesh Garie  Chesh Garie  Creads containing gluten  Creats containing gluten  Creats containing gluten  Creats containing gluten  Chesh Garie  Garie  Garie  Magnellents  Ma	and Colouring Chye Sim f One Portion X X X  Combined Component Brinched, Griffed Pork Char Siew Seasoning	277.5 Eggs and eg Fish and fish  Component S Weight (g 185.4 30.8	99.4 50.0 28.5 products products weight of t Prepration (g) 180.2 30.8 145.5 296.6 489.5 97.7 102.6	0.4 0.2 28.5 277.5 X X  Weight of One Serving (g) 180.2 5.2 30.8 0.1 10.7 1.1 1.7 0.3 0.4 0.4	Golfe, owe Sist, table Bild chay or chay sum, raw Peanuts, soybeans and their products William and milit products Cooking Method / Remarks Rey took, cooked Keep took, cooked	USDA HPB AUS X X X  Data Source HPB	149 0 14.3  Tree nuts at Sulphites in Sulphites in Sulphites in 100g (kcal) 140 235 387.428 0.0 382.78 70.0 86 30.38	Protein Per 100g (g) 1.8 11.6 23.9 0 0 2.3 4.4 7.8 7.8 6.36	0.5 0 0.2 0.2 X Total Fat Per 100g (g) 1.53 4.1 31.9 0 0 0.2 0 0.4 0.1	0.089 0 0 0 0 Saturated Fat Per 100g (s) 1.9 0.001 0 0 0.001 0.0001	2.1 0 2.4 > 25g of Sugo Filipe Per 100g (g) 0.36 0.2 0 0 0 0.001 0.20 0 0 2.1	30.96 0.6 Nutrient par Per Serving Carbohydra te Per 100g (g) 29.7 34.5 0.9 0 100 14.7 8.1 12.9 4.6 30.96	4.6   1   1   1   1   1   1   1   1   1	n Energy Per Portion R Recipe Portion R R Recipe Portion R R Recipe Portion R R R R R R R R R R R R R R R R R R R	Protein Per Recipe Portion (g) 3.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0	0.0 0.0 0.0 0.0 0.0 0.1 1 23.4  Total Fat Per Recipe Portion (g) 2.8 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 0.0 0.0 9.1  Saturated Fat Per Recipe Portion (g) 1.2 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 0.0 0.7 2.7  Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.1 0.0 0.0 0.1 0.0 0.2 53.8  Carbohyrat e Per Recipe Portion (a) 53.5 1.8 0.3 0.0 10.7 0.2 0.1 0.0 0.0	0.0 0.0 0.0 0.0 0.0 0.2 12.4  Sugar Per Recipe Portion (g) 0.0 0.0 10.7 0.2 0.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 41.0 41.0 41.0 0.0 0.0
9 10 11 12 Food Allergens No. 1 2 3 4 4 5 6 7 8 8 9 10 10 11 12 12 12 12 12 12 12 14 15 15 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Soy Sace Chesh  Sarie  Grein  Grein  Ches Sim, blanched  Weight of  Creads containing gluten  Creads containing gluten  Creads containing gluten  Chat Siewe Naodles Histor Funi - Requise  Hard Siewe Naodles Histor Funi - Requise  Hard Chesh  Hard Chesh  Red Colorium Seasoning Rowder, Koner Hand  Red Colorium Seasoning Rowder, Koner Hand  Red Colorium Seasoning Rowder, Koner Hand  Red Colorium Seasoning Tood Dee  Source  Onter Son State  On	and Colouring Chye Sim One Portion X X X Combined Component S Hor Fun, blanched, crimed Port Char Siew Seasoning Colouring Chye Sim One Portion	277.5 Eggs and egg Fish and fi	99.4 50.0 28.5 8 products h products t Prepration 180.2 5.2 30.8 14.5 298.5 489.5 97.7 102.6 99.0 102.6 90.0 28.5	0.4 0.2 28.5 277.5 X X X X Weight of One Serving (s) 180.2 5.2 30.8 0.1 10.7 1.1 1.7 0.3 0.4 0.4 0.4 0.2 28.5	Golfic raw Shit table Bild chay is chow sum, raw Bild chay is chow sum, raw Bild chay is chow sum, raw Middle and many subschild Cooking Method/ Remarks Haydellent Names in Database Kayar bean cooking Kayar and the Cooking cooking Kayar and the Cooking cooking Kayar and the Cooking cooking Kayar bean cooking Kayar b	USDA HPB AUS X X X  Data Source HPB TES HPB	149 0 14.3  Tree nuts at Sulphites in  Energy Per 100g (kcal) 140 225 387.428 0.0 382.782 0.0 50 86 30.38 149 0 14.3	6.36 0 0 2.5 nd nut produc concentrates Protein Per 100g (g) 1.8 11.6 23.9 0 0 2.3 4.4 7.8 1.7 6.36 0 0 2.5	0.5 0 0.2 X Total Fat Per 100g (g) 1.53 4.1 31.9 0 0.2 0.2 0.4 0.1 0.5 0.2	0.089 0 0 0 0 0 0 0 0 0.68 1.9 1.9 0 0 0 0 0 0 0 0 0 0	2.1 0 2.4 > 25g of Sug: Pibre Per 100g (g) 0.36 0.2 0 0 0.001 0.2 0 0.2 1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	30.96 0.6 Nutrient per Serving Carbohydra te Per 100g (a) 29.7 34.5 0 100 14.7 8.1 12.9 4.6 30.96 0	4.6 1 1 1 1 0 st 1 0.6 5 c of One Portice  Sugar Per 1 100 (s) (s) (m) (m) (m) (m) (m) (m) (m) (m) (m) (m	n Energy Person (Kcal) 2 252.3 119.3 10.0 4 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Protein Per Recipe Portion (g) 3.2 0.6 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 0.1 123.4  Total Fat Per Recipe Portion (g) 2.8 0.2 9.8 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 9.1 Saturated Fat Per Recipe Portion (g) 1.2 0.1 4.2 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 0.0 0.0 0.7 2.7  Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.1 0.0 0.0 0.1 0.0 0.2 53.8  Carbohyrat e Per Recipe Portion (g) 53.5 1.8 0.3 0.0 10.7 0.2 0.1	0.0 0.0 0.0 0.0 0.2 12.4 Sugar Per Recipe Portion (g) 0.0 0.5 0.0 0.0 10.7 0.2	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 0.0 41.0 88.4 14.1
9 10 11 12 Food Allergens No. 1 2 3 4 5 6 7 7 8 9 10 11 12 Food Allergens	Dark Soy Sace Onton Sente Sente Onto The Sente Sente One Sente Sente One Sente Sente Sente Consideration of Control Sente Consideration of Control Sente Onto Sente Sent	and Colouring Chye Sim One Portion X X X Combined Component S Hor Fun, blanched, crimed Port Char Siew Seasoning Colouring Chye Sim One Portion	277.5 Eggs and egg Fish and fish  Component  Weight (g  185.4  30.8	99.4 50.0 28.5 g products h products t Preparation (g) 180.2 5.2 30.8 14.5 296.6 489.5 97.7 102.6 99.4 50.0 28.5 g products	United States of the Control of the	Golfe, care Sist, table Bild chop or choy sum, raw Bild chop or choy sum, raw Bild chop or choy sum, raw Milk and milk products Cooking Method / Remarks International Cooking Method Cooking Method (International Cooking Method Cooking Method (International Cooking Method Cooking Metho	USDA HPB AUS X X  Data Source HPB TES HPB	149 0 14.3 Tree nuts as Sulphites in Sulphites in Sulphites in Sulphites in 100 (kcal) 235 387.428 0.0 382.78 70.0 50 36.30.38 149 0.1 14.3	Protein Per 100g (g) 1.8 11.6 23.9 0 2.3 4.4 4.7.8 1.7 6.36 0	0.5 0 0.2 X X Fer 100g (g) 4.1 31.9 0 0 0.2 0 0.4 0.1 0.5 0 0.2	0.089 0 0 0 0 Saturated Fat Per 100g (g) 0.68 1.9 0 0.001 0 0.001 0.001	2.1 0 2.4 > 25g of Sug: Pibre Per 100g (g) 0.36 0.2 0 0 0.001 0.2 0 0.2 1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	30.96 0.6 Nutrient par Per Serving Carbohydra te Per 100g (gl 29.7 34.5 0.9 0 100 14.7 8.1 12.9 4.6 30.96 0	4.6 1 1 1 1 0 st 1 0.6 5 c of One Portice  Sugar Per 1 100 (s) (s) (m) (m) (m) (m) (m) (m) (m) (m) (m) (m	n Energy Person (Kcal) 2 252.3 119.3 10.0 4 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 23.7 23.7 23.7 23.7 23.2 0.6 7.4 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	Total Fat Per Recipe Portion (a) 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 0.0 0.0 9.1  Saturated Fat Per Recipe Portion (g) 1.2 0.1 4.2 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 0.0 0.7 2.7 2.7 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.1 0.0 0.0 0.1 0.0 0.2 53.8  Carbohyrat e Per Recipe Portion (g) 53.5 1.8 0.3 0.0 10.7 0.2 0.1 0.0 0.1 0.0 0.1 0.0	0.0 0.0 0.0 0.0 0.0 0.0 0.2 12.4  Sugar Per Recipe Portion (g) 0.0 0.5 0.0 10.7 0.2 0.2 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 0.0 41.0 88.4 14.1 0.0 0.1 70.0
9 10 11 12 Food Allergens No. 1 2 3 4 5 6 7 7 8 9 10 11 12 Food Allergens	Dark Soy Sace Chein Chein Chein Salt Chee Sins blanched Weight of Create containing duten Create Service India Ingredients Inter Fun, Manched Cheken Seponing Dowder. Knort Brand Cheken Seponing Sepo	and Colouring Chee Sim of One Portion X  Combined Component Component Hor Fun, blanched, Gried Pork Seasoning and Colouring Colouring Ty X  X  Combined Colouring A  Colouring A  Colouring Colouring Ty X  X	277.5 Eggs and egg Fish and fisl  Component s Weight (g  185.4  30.8  14.8  28.5  259.5 Eggs and egg	99.4 50.0 28.5 g products h products  Weight of t Prepration (g) 180.2 30.8 14.5 296.5 489.5 99.7 100.6 99.4 50.0 28.5 g products h products	0.4 0.2 28.5 277.5 X X Weight of One Serving (g) 1.07 1.1 1.7 0.3 0.4 0.4 0.2 28.5 259.5 X X	Golfe, care Sist, table Bisk chay of show yam, raw Bisk chay of show yam, raw Bisk chay of show yam, raw Mills yam, yam, yam, yam, yam, yam, yam, yam,	USDA HPB AUS TES HPB HPB HPB HPB HPB AUS AUS X X X X X X X X X X X X X X X X X X X	149 0 14.3  Tree nuts as Sulphites in 109 (kcal) 440 235 387.428 0.0 382.78 70.0 50 86 30.38 149 0 14.3	Protein Per 100x (a) 1.8 2.9 0 0 0 2.3 4.4 7.8 1.7 6.36 0 0.2.5 and nut production Per 100x (a) 1.8 1.6 23.9 0 0 0.2.3 4.4 7.8 1.7 6.36 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.5 0 0.2  X  Total Fat Per 100g (g) 1.53 4.1 33.1.9 0 0 0.2 0.4 0.1 0.5 0 0.2 X	0.089 0 0 0 Saturated Fat Per 100x (s) 1.9 13.5 0 0 0 0 0 0 0 0 0 0 0 Saturated Saturated	2.1 0 2.4 > 25g of Sug:  Dictary Fibre Per 100g (g) 0.36 0.2 0 0.001 0.2 0 2.1 2.1 0 2.4 > 25g of Sug:	30.96 0.6 Nutrient ar Per Serving Carbohydra te Per 100g (sl.) 100 14.7 8.1 12.9 4.6 Nutrient ar Per Serving Carbohydra te Per 100g (sl.) 100 100 100 14.7 8.1 12.9 4.6 Nutrient ar Per Serving Carbohydra	4.6 1 1 1 1 0 22 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 5 5 0.6 6 5	0.1   7   0.5   1   0.0   7   4.1   1   0.1   7   1   1   0.1   7   1   1   0.1   7   1   1   0.1   7   1   1   0.1   7   1   1   0.1   7   0.1   7   0.1   0.1   7   0.1   0.	0.0 0.0 0.0 0.0 0.7 23.7  Protein Per Recipe Portion (g) 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 0.0 0.1 23.4  Total Fat Per Recipe Portion (g) 2.8 0.2 9.8 0.0 0.0 0.0 0.0 0.0 112.9	0.0 0.0 0.0 0.0 0.0 0.0 9.1 Saturated Fat Per Recipe Portion (g) 1.2 0.1 4.2 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 0.0 0.0 0.0 0.7 0.7 0.7	0.1 0.0 0.0 0.1 0.0 0.1 0.0 0.2 53.8  Carbohyrat e Per Recipe Portion (2) 53.5 1.8 0.3 0.0 10.7 0.2 0.1 0.0 0.1 0.0 0.2 66.9	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.2 12.4  Sugar Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 70.0 116.2 1390  Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 0.0 41.0 88.4 14.1 0.0 0.1 70.0 16.2 1268
9 10 11 11 12 Food Altergens No. 1 2 3 4 5 6 7 8 8 9 10 11 12 Food Altergens Dish 15	Dark Soy Sace Chenn Chen	and Colouring Colouring The Sim d One Portion X X  Combined Component S F Combined Component S Combined Component S Combined Component S Combined Colouring And Colouring And Colouring And Colouring And Component X X	277.5	99.4 50.0 28.5 g products h products t Weight of t Prepration (a) 180.2 5.2 30.8 14.5 296.6 489.5 97.7 102.6 99.4 type products products type	0.4 0.2 28.5 277.5 X  Weight of One Serving (g) 180.2 5.2 30.8 0.1 10.7 1.1 1.7 0.3 0.4 0.2 28.5 299.5 X  Weight of One Serving (g) 180.2 Conserving (g) 180	Golfe, owe Sist, table Bisk chay of show yam, raw Bisk chay of show yam, raw Bisk chay of show yam, raw Mills good yam, raw Mi	USDA   HPB   AUS   X   X   X   X   X   X   X   X   X	149 0 14.3 Tree nuts as Sulphites in 100g (kcal) 1400 1400 1400 1400 1400 1400 1400 140	6.36 0 2.5 Id nut produc concentrates Protein Per 100g (sd) 1.8 23.9 0 2.3 4.4 7.8 1.6 3.6 0 2.5 Individual residual res	0.5 0 0.2  X  Total Fat Per 100g (g) 4.1 31.9 0 0.2 0.4 0.1 0.5 0 0.2 X	0.089 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 0 2.4 > 25g of Sug.  Dietary Fibre Per 100g (g) 0.36 0.2 0 0.001 0.2 0 0.21 0 2.1 0 2.4 > 25g of Sug.	30.96 0 0.6 Nutrient par Per Serving  Carbohydra te Per 100g (20 29.7 34.5 0.0 100 14.7 8.1 12.9 4.6 30.96 0 0.6 Nutrient ar Per Serving	4.6 1 1 1 1 0 22 0.6 5 0 0.6 5 0 0.6 5 0 0.6 5 0 0.6 0	0.1   7   0.5   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   1   0.0   7   4.1   0.0	0.0 0.0 0.0 0.7 23.7  Protein Per Recipe Portion (g) 3.2 0.6 7.4 0.0 0.0 0.0 0.0 0.0 12.1	0.0 0.0 0.0 0.0 0.0 0.1 23.4  Total Fat Per Recipe Portion (g) 2.8 0.0 0.0 0.0 0.0 0.0 0.0 12.9	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 9.1 Saturated Fat Per Recipe Portion (g) 1.2 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 0.0 0.0 0.0 0.7 2.7  Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.1 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 0.2 12.4  Sugar Per Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 70.0 16.2 1390  Sodium Per Recipe Portion (mg) 41.0 41.0 88.4 14.1 0.0 0.1 16.2 1268
9 10 11 12 Food Allergens No. 1 2 3 4 5 6 7 8 9 10 11 12 12 12 12 10 11 12 12 12 13 14 12 12 13 14 15 15 16 17 18 18 19 10 10 11 11 12 12 12 13 14 15 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Soy Sace  Ches  Ches  Self  One Sine blanched  Weight of  Creats containing distan  Creation and coulsean products  Char Siew Noodles (Nor Far) - Regular  Ingredients  Identify Sine Sine Sine Sine Sine Sine Sine Sine	and Colouring Chee Sim of One Portion X  Combined Component Component Hor Fun, blanched, Gried Pork Seasoning and Colouring Colouring Ty X  X  Combined Colouring A  Colouring A  Colouring Colouring Ty X  X	277.5	99.4 50.0 28.5 g products	0.4 0.2 2.8.5 2.77.5 X X X X    Weight of One Serving (g) 180.2 30.8 0.1 10.7 1.1 1.7 0.3 0.4 0.4 0.2 2.8.5 2.5 3.5 X X   Weight of One Serving (g) 180.2 5.2 6.1.5	Golfs, owe Shift table Bids chay or show yum, raw Bids chay or show yum, raw Bids chay or show yum, raw Mill and mill yarden, show yum Mill and mill yarden, show Ingredient Names in Database Kony teep, cooked Kony teep, yum, raw Peanuts, sopheans and they pr Mill and mill products Cooking Method of Remarks hery cooked Kony teep yum, raw hery teeps, cooked Kony teeps yum, raw hery teeps, cooked Kony teeps, yum, raw Hery teeps, yum, raw Hery teeps, cooked Kony teeps, yum, raw Hery teeps, cooked Kony teeps, yum, raw Hery teeps, cooked Kony teeps, yum, raw Hery teeps, yum, raw Hery teeps, cooked Kony teeps, yum, raw Hery teep	USDA HPB AUS X X X X X X X X X X X X X X X X X X X	149 0 14.3 Tree nuts at Sulphites in 140 150g (kcal) 140 225 387.428 0.0 382.78 70.0 50 383.38 149 0 14.3 Tree nuts at Sulphites in 140 140 235 387.428 30.38	0 0 2.5  and nut produc concentrates  Protein Per 100g (z) 1.8  1.8  1.0  2.3  0.0  2.3  4.4  7.8  1.7  6.36  0.0  2.5  and nut produc concentrates	0.5 0 0.2  X  Total Fat Per 100g (g) 1.53 4.1 31.9 0 0.2 0.4 0.1 0.5 0.0 0.2  X	0.089 0 0 0 0 0 0 0 Saturated fat Per 100g (g) 0.08 1-9 0.001 0.001 0.0029 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.00001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.0001 0.00001 0.	2.1 0 2.4 2.4 > 25g of Sug:  Dietary Fibre Per 100g (g) 0.36 0.2 0 0.001 0.2 0 2.1 2.1 0 2.4 > 25g of Sug:	30.96 0 0.6 Nutrient ar Per Serving Carbohydra te Per 100g (g) 29.7 34.5 0.9 0 100 14.7 8.1 12.9 4.6 Nutrient ar Per Serving Carbohydra ar Per Serving Carbohydra te Per 100g (g) 0.6 Nutrient ar Per Serving Carbohydra te Per 100g (g) 7 34.5 0.9	4.6 1 1 1 1 0 22 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	0.1   7   0.5   1   0.0   7   0.1   1   0.0   1   0.0   1   0.0   1   0.0	Protein Per Recipe Portion (g) 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 0.0 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 0.0 0.7 2.7 2.7 Dietany Fibre Per Recipe 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.1 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 0.2 12.4 Sugar Per Recipe 0.0 0.5 0.0 0.5 0.0 0.1 10.7 0.2 0.2 0.2 0.2 11.7 11.7	0.0 0.1 70.0 16.2 1390 Sodium Per Recipe Portion (mg) 21.6 879.7 136.4 0.0 10.0 10.0 10.0 10.0 10.0 10.0 10.
9 9 10 10 10 11 12 12 12 12 12 12 12 12 12 12 12 12	Dark Soy Sace Cheen Chee	and Coloring Component Com	277.5  Eggs and egg Fish and fish  Component : Weight (g 185.4  30.8  14.8  28.5  28.5  Eggs and egg Fish and fish	99.4 99.1 99.0 28.5 90.0 28.5 90.0 90.0 90.0 90.0 90.0 90.0 90.0 90	0.4 0.2 28.5 X X X   Weight of One Serving (a) 180.2 30.8 0.1 10.7 0.3 0.4 0.4 X X  Weight of One Serving (a) 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2 180.2	Golfic raw Shit table Bild chay a chay sun, raw Bild chay a chay sun, raw Bild chay a chay sun, raw Mild and mild products Cooking Method/Remarks Layredient Names in Database Kay y ben, cookind Kay bender (Mild) Kay ben, cookind Kay bender (Mild)	USDA HPB AUS  Data Source HPB TES HPB HPB HPB HPB HPB AUS AUS X X X X X X X X X X X X X X X X X X X	149 0 148 3 17ce muts as a	6.36 0 2.5 md nut producing me mu producing me	0.5	0.089 0 0 0 0 0 Saturated Fat Per 100s (a) 0.68 115 0 0 0.001 100 (a) 0.001 0 0 0.001 0 0 0 0 0 0 0 0 0 0 0 0	2.1 0 2.4 0 1.4 0 2.4 0 1.6 0 1.6 0 1.6 0 1.6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	30.96 Carbohydra Fer Fer Serving 100 Carbohydra Fer Fer Serving 100 Carbohydra Fer Fer 100g (20.7 29.7 29.7 20.7 20.7 20.7 20.7 20.7 20.7 20.7 20	4.6   1   1   1   1   1   1   1   1   1	Energy Per   Energy Per	0.0	00 00 00 00 00 00 00 00 00 00 00 00 00	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 0.0 0.0 0.0 0.0 0.0 0.0	0:1 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 0.2 12.4 12.4  Sugar Per Recipe 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 1/20 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0
9 9 10 10 11 12 12 12 12 12 12 12 12 12 12 12 12	Dank Soy Sace  Check  Check  Salt  Othe Sim, blanched  Weight of  Creats containing gluten  Creation containing gluten  Creation containing gluten  Creation containing gluten  Creation containing gluten  Ingredients  Inter Fun, blanched  Chicken Seponing Dowder. Knorn Brand  Chicken Seponing Dowder.  Salt  Chicken Seponing Dowder.  Chicken Seponing Dowder.  Chicken Seponing Seponing  Contacted and Chicken S	and Combined Components of Com	277.5  Eggs and egg Fish and fish  Component : Weight (g 185.4  30.8  14.8  28.5  28.5  Eggs and egg Fish and fish	99.4 99.5 99.0 28.5 90.0 28.5 90.0 90.0 90.0 90.0 90.0 90.0 90.0 90	0.4 0.2 0.2 0.5 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7 0.7	Golfs, owe Shift table Bids chay or show yum, raw Bids chay or show yum, raw Bids chay or show yum, raw Bids and mile products Cooking Method Remarks Ingredient Names in Database Kasy toes, cooked Kasy toes, co	USDA. AUS Source HPB - HPB	149 0 14.3 175 186 197 198 198 198 198 198 198 198 198 198 198	6.36 0 2.5 not not produce of the process of the pr	0.5 C C C C C C C C C C C C C C C C C C C	0.089 Saturated Fat Per 100g (a) 0.001	2.1 2.4 0 2.4 0 1.4 0 2.4 0 0 2.4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	30.96 Carbohydra (Carbohydra (	4.6   1   1   1   1   1   1   1   1   1	1	0.0	00 00 00 00 00 00 00 00 00 00 00 00 00	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.2 12.4  Sugar Per Portine (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 770.0 114.2 1395 1395 1395 1395 1395 1395 1395 1395
9 10 11 11 Food Akergenese No. 1 1 2 3 4 4 6 7 8 8 9 10 10 11 11 11 12 12 13 14 15 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark for Sace Chesh Garie  Garie  Garie  Garie  Garie  Garie  Chres Sim, blanched  Weight of  Creads containing gluten  Chres Siew Noodles (Nor Fun) - Regular  North Siew Noodles (North Siew) - Regular  Order Siew Noodles (North Siew) - Regular  North	and Colouring Component of the Particle Comp	277.5 Egs and eg Fish and fish	99.4 99.6 99.6 99.0 28.5 90.0 28.5 90.0 18.5 90.0 18.6 18.7 18.7 18.7 18.7 19.7 19.7 19.7 19.7 19.7 19.7 19.7 19	0.4 0.2 2.2 5.5 2.   Weight of 10 2.0 2.2 7.7 5.   X X X X    Weight of 10 2.0 2.7 5.   X X    Weight of 2.0 2.7 5.   X X    Weight of 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	Golfs. care Soft, table Bod chay or show sum, rare Bod chay or show sum, rare Bod chay or show sum, rare Mill and mill products Cooking Method Remarks Ingredient Names in Database Savay took cooked Cooking And Cooking Soft Names in Database Savay took cooked Cooking Soft Names in Database Savay took cooked Cooking Soft Names in Database Savay took cooked Cooking Soft	USDA   HPB   HPB	149 0 143 16 156 16 16 16 16 16 16 16 16 16 16 16 16 16 1	6.36 0 2.5 10 0 0 0 2.5 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.5	0.089 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 Distany Di	30.96  Carbohydra 287  Carbohydra 287  Carbohydra 287  34.5  3.9  0.0  Carbohydra 287  34.5  0.0  Carbohydra 287  0.0  Carbohydra 287  0.0  0.0  Carbohydra 487  0.0  0.0  0.0  0.0  Carbohydra 487  0.0  0.0  0.0  0.0  0.0  0.0  0.0  0	4.6   1   1   1   1   1   1   1   1   1	1   1   1   1   1   1   1   1   1   1	0.0	000   000	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 16.2 1336 16.2 1336 16.2 1336 16.2 1336 16.2 1336 16.2 1336 16.2 13.2 13.2 13.2 13.2 13.2 13.2 13.2 13
9 9 10 10 11 11 12 12 12 12 12 12 12 12 12 12 12	Dark for Sace Cheels  General Contents  Series  Coreads containing gluten  Creads containing gluten  Creads containing gluten  Creads containing gluten  Creads containing gluten  Chicken Security Contents  Ingredients  Ingredi	and Colouring Char Sim X X  Combined Component Component Component Component Component Component X  Combined Component Compone	277.5 Eggs and eg ge graph and find 185.4 285.2 295.2 Liweight [g 185.4 25.5 25.5 14.8	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 2.2 5.5 2.0 2.2 5.5 2.0 2.2 5.5 2.0 2.2 5.5 2.0 2.2 5.5 2.0 2.2 5.5 2.0 2.2 5.5 2.0 2.1 2.1 2.2 5.5 2.0 2.1 2.1 2.1 2.2 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	Golfe, raw Shit, table Bid, chay or droy sun, raw Mid, and mid products Cooking Method Fernarks Ingredient Names in Database Rawy room, cooked Rawy room, cooked Cooking Method Fernarks Cooking Metho	USDA   WE   WE   WE   WE   WE   WE   WE   W	149 0 114.3 1 Tree nuts at a substitute in 100 (keal)	636   Control   Protein	0.5	0.089 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.000 0.001 0.001 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	2.1 0	30.96 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	4.6   1   1   1   1   1   1   1   1   1		0.0	00 00 00 00 00 00 00 00 00 00 00 00 00	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 0.1 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 0.2 12.4  Sugar Per Recipe Portion [g] 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 70.0 116.2 13950 156.2 13950 156.2 13950 156.2 13950 156.2 13950 156.2
9 1 10 11 12 12 12 12 12 12 12 12 12 12 12 12	Dark Soy Sace Cheen Cheen Cheen Cheen Self Chee Sim blanched Weight of Created containing gluten Created containing gluten Created containing gluten Created containing gluten Ingredients Heer Fun, Marched Chicken Seponing Dweder. Knorn Brand And Chicken Seponing Dweder. Knorn Brand And Colonian Food De Overfor Sace Light Soy Sace Duff Noy Sace Cheen Create containing gluten Created containing gluten Creat	and Colouring Component Co	277.5 [gg: and eg of components of component	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 225.5 X X Weight of One Serving Page 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.	Golfe, owe Shift table Bids chay or other sum, raw Bids and mile products Cooking Method Remarks Bray topic, cooked Construction State Sany topic, cooked Construction State Sany, sony, deriv Sany Construction State Sany, sony, deriv, sony Peanuts, sonybears and their pr Peanuts, sonybears and their pr Milk and milk products Cooking Method of Semarks Sany temps, cooking Sany temps, cooking Sany temps, cooking Sany temps, cooking Cooking Method of Semarks Sany temps, cooking Sany temps, cooking Cooking Method of Semarks Sany temps, cooking Sany tem	USDA   WE   WE   WE   WE   WE   WE   WE   W	149 0 114.3 1 Tree nuts at a substitute in 100 (keal)	6.36 0 2.5 2.5 Protein Per 1.00(gill gill gill gill gill gill gill gill	0.5	0.089 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 0	30.96 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	4.6   1   1   1   1   1   1   1   1   1		0.0	000   000	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.1 12.4  Sugar Per Recipe Pertinnia (1) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0
9 1 10 11 12 12 12 12 12 12 12 12 12 12 12 12	Dark Sor Sace Chesh Garic  Garic  Control  Garic  Control  Garic  Control	and Colouring Seasoning and Colouring Components of Colouring and Colouring and Colouring and Colouring and Components of Components of Colouring and Components of Colouring and Colour	277.5 Eggs and eg ge graph and find 185.4 285.2 295.2 Liweight [g 185.4 25.5 25.5 14.8	99.4 99.6 99.6 99.6 99.6 99.6 99.6 99.6	0.4 0.2 22.5 0.2 22.5 0.2 277.5 X   Weight of One Serving Wash 0.1 10.2 2.5 2.30.8 2.0 0.1 10.7 2.7 2.8 2.8 2.8 2.8 2.8 2.8 2.8 2.8 2.8 2.8	Golfe, owe Shift, table Bid chay or they wan, raw and their golfest and the shift and	USDA	1490 14.3 Tree nots as 1000 [Real] 15.0 Interest to 1000 [Real] 15.0 Inter	6.36 2.5 Protein Per in the production of the protein per in the protein per in the protein per in the per in	0.5	0.099 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 2.4 2.4 2.4 2.5 of Sugar S	30.96   0	4.6   1   1   1   1   1   1   1   1   1	0   1   1   1   1   1   1   1   1   1	0.00	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 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 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
9 10 10 11 11 12 12 12 12 12 12 12 12 12 12 12	Dark Soy Sace Onton Onto	and Colouring Char Sim X X  Combined Component Component Component Component Component Component X  Combined Component Compone	277.5 [Egs and eg [Finh and fin] Component s Weight [Egs and eg [Finh and fin] 185.4 30.8 14.8 14.8 155.4 16.5 16.5 17.6 185.4 18.6 18.6 18.6 18.6 18.6 18.6 18.6 18.6	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 22.5 22.5 22.7 23.5 22.7 23.5 24.5 27.5 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7	Golfe, raw Shit, table Bid, chay at other sum, raw Bid, chay at other sum, raw Bid, chay at other sum, raw Mills and mills and society.  Cooking Method/Remarks  Kary took, cooked  Kary took, cooked  Kary took, cooked  Golfe, raw Bidder (Sary took, cooked  Sary took, took Bidder (Sary took, cooked  Bi	USDA   WE   WE   WE   WE   WE   WE   WE   W	149 0 114.3 1 Tree nuts at a substitute in 100 (keal)	6.36 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	0.5 0.2  X  Total Fet Per 100s (el (0.5) 0.2  1.53 0.0 0.2 0.2 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3	0.099   0.001	2.1 2.4 2.5 of Sup Dietary Piber Per 100s (g) 0.36 0.2 0.0 0.0 0.00 0.00 0.00 0.00 0.00 0	30.96   0	4.6   1   1   1   1   1   1   1   1   1	1   2   2   2   2   2   2   2   2   2	0.0	00	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 0.0 0.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2	0.1 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 0.0 0.0 0.0 12.4  Sugar Per Recipe Recipe 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	0.0 0.1 1700 1110 1110 1110 1110 1110 11
9 10 10 11 11 12 16 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Soy Sace Chosh  Series  Control  C	and Colouring Chye Sim X X X X X Combined Component Component Component Component Component Component Component Component X X X Combined Component Component X X Combined Component X X Combined Component X X Combined Component Component X X Combined Component Compone	277.5 Eggs and eg Frish and fish 185.4 30.8 14.8 295.5 290.2 295.5 290.2 295.5 290.2 295.5 295.6	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	Golfe, raw Shit, table Bid, chay or show sum, raw Bid, chay or show sum, raw Mid and mid products Cooking Method Remarks Ingredient Names in Database Sarar Store, cooked Sarar Store, sarar Sarar Store, sarar Sarar Store, cooked Sarar Store, sarar Sarar Store, sarar Sarar Sarar Sarar Store, sarar S	USDA	1490 14.3 Tree nots as 15 subhittes in 100 (Real) 100 (	6.36 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.099 0.000	2.1 2.0 2.4 2.5 grd Suga Dictary Fibre Per 1006 (g) 0.2 2.1 0.2 2.1 0.2 2.1 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	30.96   0	4.6   1   1   1   1   1   1   1   1   1	0   1   0   1   0   0   0   0   0   0	0.00   0.00	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 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 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
9 10 10 11 11 12 Pool h 15 No. 1 2 2 3 4 5 5 6 7 7 10 10 11 11 12 12 13 14 15 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Sor Sace Onton Onto	and Colouring Colouring Colouring and Colour	277.5 [Eggs and eg [Fish and fish and f	99.4 99.6 99.6 99.6 99.6 99.6 99.6 99.6	0.4 0.2 2.5 2.5 2.6 1.	Golfe, care Shit, table Bibl, choy or show sun, rare Michael or show s	USDA   AUS   AUS	1490 14.3 14.3 15.4 15.4 15.4 15.4 15.4 15.4 15.4 15.4	6.36 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	0.5	0.090 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 2.1 2.2 2.2 2.2 2.3 2.4 2.5 2.6 2.6 2.6 2.6 2.6 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7	3096 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	4.6   1   1   1   1   1   1   1   1   1	0   1   1   1   1   1   1   1   1   1	0.0	Total Fat   Tota	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 1700 11190
9 9 10 10 11 11 12 Cosh 15 No. 1 1 1 12 12 13 14 15 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Soy Sace  Chester  Control Common   Control Common   Consider     Consider     Consider     Consider     Consider     Consider     Consider     Consider     Cons	and Colouring Combined Components	277.5  Eggs and eg Grand per Grand p	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 28.5 28.5 28.6 29.6 29.6 29.6 29.6 29.6 29.6 29.6 29	Golfe, raw Shit, table Bibl chays drop sun, raw Bibl chays drop sun, ra	USDA  AUS   VENA   VE	1490 18.3 Tree notes as 1.5 miles from 1.5 miles fr	6.36 2	0.5	0.099 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	21 0 0 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1	30.96   Carbohydra   February   10.00   Carbohydra   Ca	4.6   1.1	0   1   1   1   1   1   1   1   1   1	Decision   Protein Per   Pro	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 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 1.20 1.20 1.20 1.20 1.20 1.20 1.
9 9 10 10 11 11 12 12 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Sor Sace  Chester  Other Simulations  Other Simulations  Other Simulations  Other Simulations  Other Simulations  Ingendiants  Ing	and and Colouring Components of Colouring and Colouring an	28.5 29.5 29.5 29.5 29.5 29.5 29.5 29.5 29	99.4 99.4 99.6 99.6 99.6 99.6 99.6 99.6	0.4 0.2 28.5 28.5 29.5 29.5 29.5 29.5 29.5 29.5 29.5 29	Golfs. care Solfs. table Bild chay or show you. Tare Bild chay or show you. Tare Bild chay or show you. Tare Mild and mild products. Cooking Method Fernaris  Every topic cooked  Every to	USDA	1490  Energy Per 100g (keal) 110g (keal) 1	6.36 or	0.5   0.2   X   X   X   X   X   X   X   X   X	0.099 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	21 0 0 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1	30.96   20	4.6   1.1	0   1   1   1   1   1   1   1   1   1	0.00   0.00	0.00	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1
9 9 10 10 11 11 12 12 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dank Soy Sace  Chester  Chester  Sile  One Sine blanched  Weight of  Coreals containing disten  Considerated of Containing disten  Containing disten  Containing disten  Containing disten  Ingredients  Jaco Fan, Marched  Chicken Security (Sacra)  Jaco Fan, Marched  Containing Containing (Sacra)  Jaco Fan, Marched  Containing Containing (Marched  Jaco Fan, Marched  Containing Containing (Marched  Containing Containi	and colouring Components of the Park Seasoning Components of the P	277.5  Component of the	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 28.5 28.5 29.5 29.5 29.5 29.5 29.5 29.5 29.5 29	Golfe, ever  Shit, table  Bod chay or droy wan, rare  Mod chay or droy wan, rare  Mod and wan of the  Mod chay or droy wan, rare  Mod and mis grodech.  Cooking Method Remarks  largerdeet Names in Database  Roay took cooked  Kook and  Kook of Mod Charles   Kook of Mod Charles  Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles   Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles    Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles     Kook of Mod Charles      Kook of Mod Charles      Kook of Mod Charles        Kook of Mod Charles	USDA	1490  Energy Per 100g (keal) 110g (keal) 1	6.36 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	0.5   0.2   X   X   X   X   X   X   X   X   X	0.099 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	21 0 0 2.4 1 2.5 of Sug	30.96   Carbohydra   Carbohyd	4.6   1   1   1   1   1   1   1   1   1	0   1   0   1   0   0   0   0   0   0	Doctor   Protein Period   Pe	Total Fat   Tota	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 1700 11110 1110 1
9 10 10 11 11 12 12 13 14 15 15 16 16 17 18 18 19 19 10 10 11 11 12 12 13 14 14 15 15 16 16 16 16 16 16 16 16 16 16 16 16 16	Dark Soy Sace  Chester  Chester  Control Committee  Self  Considered Control Control  Control Control  Control Control  Control Control  Ingredients  Ingredients	and Colouring Ches Sim Vision Component Compon	277.5  Component of the	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 0.2 0.2 0.5 0.7 0.7 0.8 0.7 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	Golfs. care Soft, table Bod chay or other sum, rare Bod chay or other sum, rare Bod chay or other sum, rare Mill and mill products.  Cooking Method Remarks  Ingredient Names in Database Savy topes, cooked  Cooking Method Remarks  Cooking Method Remarks  Cooking Method Remarks  Dater saves, select  Some sa	USDA	149   100   143   145	6.36 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	0.5   0.2   X   X   X   X   X   X   X   X   X	0.089 0.001	2.1 0 2.4 0 2.4 0 2.5 of Sup o	30.96 (9) Carbohydra Pre Soring (9) 345 345 345 345 345 345 345 345 345 345	4.6   1   1   1   1   1   1   1   1   1	0   1   0   1   0   0   0   0   0   0	0.00	000   000	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 1.20 1.20 1.20 1.20 1.20 1.20 1.
9 9 10 10 11 11 12 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Dark Soy Sace Onton Onton Onton Onton Onton Onton Onton Onton Onto See Onton O	and colouring Colouring and Co	277.5  Components  185.4  14.8  14.8  285.7  290.3  14.8  14.8  285.7  290.3  14.8  14.8  15.5  290.3  16.9  16.9  17.8  16.9  17.8  16.9  17.8  17.8  18.8	99.4 99.1 99.1 99.1 99.1 99.1 99.1 99.1	0.4 0.2 0.2 0.5 0.5 0.5 0.7 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	Golfe, raw Shit, table Biblic charge without part and the profile of the parameter of the p	USDA	1490   150	6.36 or one of the product of the pr	0.5   Color   Color	0.099 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2.1 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7	30.96  0.0  0.0  0.0  0.0  0.0  0.0  0.0	4.6   1   1   1   1   1   1   1   1   1	0   1   0   0   0   0   0   0   0   0	0.00	October   October	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 0.0 0.0 0.0 0.0 0.0 0.0	0.1 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 0.0 0.0 0.0 0.0 0.0	0.0 0.1 1.20 1.20 1.20 1.20 1.20 1.20 1.

4 5	Salt Monosodium Glutamate (Alinomoto)	Roasted Pork	15.5	9.8	0.9	Salt, table Alinomoto, MSG	HPB HPB	0	0	0	0	0	0	0	***	0.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1 598.4
6 7	Pepper Five-Spice Powder Chye Sim, blanched	Pork Seasoning Chye Sim	28.5	48.8 52.5 28.5	4.7 5.0 28.5	Spices, pepper, white Five spice powder Bok choy or choy sum, raw	USDA HPB AUS	296 348.0 14.3	10.4 1 2.5	2.12 8 0.2	0.626 2.36 0	26.2 5.3 2.4	42.41 68 0.6	0	5 27	13.9 17.6 4.1	0.5 0.1 0.7	0.1 0.4 0.1	0.0 0.1 0.0	1.2 0.3 0.7	2.0 3.4 0.2	0.0 0.0 0.2	0.2 1.4 16.2
Food	Weight of Cereals containing gluten	One Portion X	276.7 Eggs and egg	g products	276.7 X	Peanuts, soybeans and their pr	×	Tree nuts ar	nd nut produc	х				s of One Po		511	23.7	23.4	9.1	4.2	48.1	1.4	2139
	Crustacean and crustacean products  Roasted Pork Noodles (Hor Fun) - Regular	X	Fish and fish	products		Milk and milk products  Cooking Method/ Remarks	X	Sulphites in	concentrates														
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	Sugar Per	Per I	ergy Per Recipe Portion	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
No.	Ingredients Hor Fun, blanched	Hor Fun, blanched.	s Weight (g) 185.4	(g) 180.2	(g) 180.2	Ingredient Names in Database Kway teow, cooked	Source HPB	100g (kcal) 140 235	100g (g) 1.8	Per 100g (g) 1.53	100g (g) 0.68 1.9	100g (g) 0.36	(g) 29.7	100g (g)	(mg)	(Kcal) 252.3	Portion (g) 3.2	Portion (g) 2.8	Portion (g) 1.2	Portion (g) 0.6	Portion (g) 53.5	Portion (g) 0.0	(mg) 21.6
3	Chicken Seasoning Powder, Knorr Brand Pork Belly, with skin, grilled Salt	Grilled Pork Roasted	30.0	5.2 30.0 9.8	5.2 30.0 0.9	Knorr Seasoning Powder Chick Roasted pork belly Salt, table	TES HPB HPB	387.428 0	11.6 23.9 0	4.1 31.9 0	1.9 13.5 0	0.2	34.5 0.9 0		443	12.2 116.2 0.0	7.2 0.0	9.6 0.0	0.1 4.1 0.0	0.0 0.0 0.0	0.3 0.0	0.5 0.0 0.0	879.7 132.9 369.1
5	Monosodium Glutamate (Ajinomoto) Peoper	Roasted Pork Seasoning	15.5	50.6 48.8	4.9 4.7	Ajinomoto, MSG Spices, pepper, white	HPB USDA	0 296	0 10.4	0 2.12	0.626	0 26.2	0 42.41	0	5	0.0 13.9	0.0	0.0	0.0	0.0 1.2	2.0	0.0	598.4 0.2
8	Five-Spice Powder Chye Sim, blanched Weight of	Chye Sim One Portion	28.5 259.4	52.5 28.5	5.0 28.5 259.4	Five spice powder Bok choy or choy sum, raw	HPB AUS	348.0 14.3	2.5	0.2	2.36	5.3 2.4	68 0.6 Nutrient	0.6 s of One Po	57	17.6 4.1 416	0.1 0.7 12.3	0.4 0.1 13.1	0.1 0.0 5.5	0.3 0.7 2.8	3.4 0.2 61.2	0.0 0.2 0.7	1.4 16.2 2020
	Cereals containing gluten Crustacean and crustacean products	X X	Eggs and egg Fish and fish		X X	Peanuts, soybeans and their pr Milk and milk products			nd nut produc concentrates	X		> 25g of Sug	gar Per Serving										
Dish 20	Roasted Pork Noodles (Hor Fun) - Large					Cooking Method/ Remarks									um En	ergy Per			Saturated	Dietary	Carbohyrat		Sodium Per
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g	Sugar Per	100g P	Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Recipe Portion
	Ingredients Hor Fun, blanched Chicken Seasoning Powder, Knorr Brand	Hor Fun, blanched,	s Weight (g) 185.4	(g) 180.2 5.2	(g) 180.2 5.2	Ingredient Names in Database Kway teow, cooked Knorr Seasoning Powder Chick	Source HPB TES	100g (kcal) 140 235	100g (g) 1.8 11.6	Per 100g (g) 1.53 4.1	100g (g) 0.68 1.9	100g (g) 0.36 0.2	(g) 29.7 34.5	0	12	(Kcal) 252.3 12.2	3.2 0.6	2.8 0.2	1.2 0.1	0.6 0.0	9 53.5 1.8	0.0 0.5	(mg) 21.6 879.7
3	Pork Belly, with skin, grilled Salt	Roasted	60.0	60.0 9.8	60.0 0.9	Roasted pork belly Salt, table	HPB HPB	387.428 0	23.9	31.9 0	13.5	0	0.9	0	443 ###	232.5	14.3 0.0	19.1 0.0	8.1 0.0	0.0	0.5	0.0	265.8 369.1
6	Monosodium Glutamate (Alinomoto)  Pepper Five-Spice Powder	Pork Seasoning	15.5	50.6 48.8 52.5	4.9 4.7 5.0	Ajinomoto, MSG Spices, pepper, white Five spice powder	USDA HPB	0 296 348.0	0 10.4 1	0 2.12 8	0 0.626 2.36	0 26.2 5.3	0 42.41 68	0	5	0.0 13.9 17.6	0.0 0.5 0.1	0.0 0.1 0.4	0.0 0.0 0.1	0.0 1.2 0.3	0.0 2.0 3.4	0.0 0.0 0.0	598.4 0.2 1.4
8	Chye Sim, blanched Weight of	Chye Sim One Portion	28.5 289.4	28.5	28.5 289.4	Bok choy or choy sum, raw	AUS	14.3	2.5	0.2	0	2.4	0.6 Nutrient	0.6 s of One Po	57	4.1 533	0.7 19.4	0.1 22.7	0.0 9.6	0.7 2.8	0.2 61.4	0.2	16.2 2153
Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pr Milk and milk products			nd nut produc concentrates	X		> 25g of Sug	ar Per Serving	1									
Dish 21	Roasted Chicken Rice + Veg + Half Egg Set Meal					Cooking Method/ Remarks										ergy Per			Saturated	Dietary	Carbohyrat		Sodium Per
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Prepration (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)	Carbohydra te Per 100g (g)		100g P	Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Fat Per Recipe Portion (g)	Fibre Per Recipe Portion (g)	e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Recipe Portion (mg)
2	Chicken Oil (Chicken Fat) Garlic			242.1 152.3	8.7 5.5	Fat, chicken Garlic, raw	USDA	900 149	6.36	99.8 0.5	29.8 0.089	0 2.1	0 30.96	0	0 17	78.4 8.2	0.0	8.7 0.0	2.6 0.0	0.0 0.1	0.0 1.7	0.0 0.1	0.0
4	Onion Ginger Pandan Leaf (Screwpine Leaf)	Chicken Rice	253.1	157.2 54.0 159.3		Onion, large, raw, peeled Ginger, raw, peeled Pandan leaf, raw	HPB HPB	30.38 51.864 55	1.7 2.1 1.9	0.1 1 0.8	0.001 0.3 0	2.1 1.7 5.2	4.6 8.6 10.1	7.3	3 0	1.7 1.0 3.2	0.1 0.0 0.1	0.0	0.0 0.0	0.1 0.0 0.3	0.3 0.2 0.6	0.3 0.1 0.0	0.6 0.1 0.0
6 7	Salt Sugar	(flavoured rice only)		187.8 101.2	6.8 3.6	Salt, table Sugar, white	HPB HPB	0 382.78	0	0	0	0	100	0 100	0	0.0 13.9	0.0	0.0	0.0	0.0	0.0 3.6	0.0 3.6	2646.3 0.0
9	Chicken Seasoning Powder, Knorr Brand White Rice, cooked Chicken, unspecified, with skin, roasted	Roasted	60.0	98.6 5884.6 60.0	3.5 211.7 60.0	Knorr Seasoning Powder Chick White rice cooked Roasted chicken	TES HPB HPB	235 140 226.91	2.8 27.27	4.1 0.5 12.72	1.9 0.1 3.93	0.2 0.4 0.55	34.5 31.1 0.85	0.1	5	8.3 296.3 136.1	0.4 5.9 16.4	0.1 1.1 7.6	0.1 0.2 2.4	0.0 0.8 0.3	1.2 65.8 0.5	0.3 0.2 0.0	600.0 10.6 249.6
11 12	White Vinegar Sugar	Roasted		4876.5 486.4	8.8 0.9	Vinegar, white Sugar, white	HPB HPB	3 382.78	0.1	0.6	0	0	100	100	226	0.3 3.3	0.0	0.1	0.0	0.0	0.0	0.0	19.8 0.0
13 14 15	Salt Light Soy Sauce Water	Chicken Seasoning	14.7	698.6 649.5 1477.1		Salt, table Soya sauce, light Water, plain	HPB HPB	0 50 0	0 4.4 0	0 0	0	0 0.2 0	0 8.1 0	10	0	0.0 0.6 0.0	0.0 0.1 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.1 0.0	0.0 0.1 0.0	491.7 59.0 0.0
16	Chve Sim. blanched Braised Ecz	Chve Sim Braised Egg	28.5	28.5 53.6	28.5 26.8	Bok chov or chov sum. raw Braised eze in sova sauce	AUS HPB	14.3 182.0	2.5 15	0.2	0	2.4	0.6 1.2	0.6 1.2	57 552	4.1 48.8	0.7 4.0	0.1 3.5	0.0	0.7	0.2	0.2	16.2 147.9
Food	Weight of Cereals containing gluten Crustacean and crustacean products	One Portion X X	383.1 Eggs and egg Fish and fish		383.1 X X	Peanuts, soybeans and their pr Milk and milk products			nd nut produc			> 25g of Sug	Nutrient par Per Serving	ts of One Po	rtion	604	28.1	21.2	5.7	2.4	75.4	6.1	4243
	White Chicken Rice + Veg + Half Egg Set Meal					Cooking Method/ Remarks																	
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g		Per I	ergy Per Recipe Portion	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
	Ingredients Chicken Oil (Chicken Fat)	s	s Weight (g)	(g) 242.1		Ingredient Names in Database Fat, chicken	Source USDA	100g (kcal) 900	0	Per 100g (g) 99.8	100g (g) 29.8	100g (g) 0	(g) 0	0	0	(Kcal) 78.4	Portion (g) 0.0	Portion (g) 8.7	Portion (g) 2.6	Portion (g) 0.0	Portion (g) 0.0	Portion (g) 0.0	(mg) 0.0
3	Garlic Onion Ginger	Chicken		152.3 157.2 54.0		Garlic, raw Onion, large, raw, peeled Ginger, raw, peeled	USDA HPB HPB	149 30.38 51.864	6.36 1.7 2.1	0.5 0.1	0.089 0.001 0.3	2.1 2.1 1.7	30.96 4.6 8.6		11	1.7 1.0	0.3 0.1 0.0	0.0	0.0 0.0	0.1 0.1 0.0	1.7 0.3 0.2	0.1 0.3 0.1	0.9 0.6 0.1
5	Pandan Leaf (Screwpine Leaf) Salt	Rice (flavoured rice only)	253.1	159.3 187.8	5.7 6.8	Pandan leaf, raw Salt, table	HPB HPB	55 0	1.9	0.8	0	5.2	10.1	0	0	3.2 0.0	0.1	0.0	0.0	0.3	0.6	0.0	0.0 2646.3
8	Sugar Chicken Seasoning Powder, Knorr Brand White Rice, cooked	,		98.6 5884.6	3.6	Sugar, white Knorr Seasoning Powder Chick	HPB TES HPB	382.78 235 140	11.6	4.1	1.9	0 0.2 0.4	100 34.5 31.1	9.8	***	13.9 8.3	0.0 0.4 5.9	0.0	0.0	0.0	3.6 1.2	3.6 0.3	600.0
10 11	Chicken, unspecified, with skin, poached Salt	Poacned White	59.8	59.8 698.6	211.7 59.8 3.7	White rice cooked Steamed chicken, with skin Salt, table	HPB HPB	193.834	2.8 20.6 0	0.5 12.3 0	0.1 4.7 0	0	0	0	169	296.3 115.9 0.0	12.3 0.0	7.4 0.0	0.2 2.8 0.0	0.8 0.0 0.0	65.8 0.0 0.0	0.2 0.0 0.0	10.6 101.1 1453.3
13	Light Soy Sauce Water Chye Sim, blanched	Chicken Seasoning Chye Sim	15.0	649.5 1477.1 28.5	3.4 7.8 28.5	Soya sauce, light Water, plain Bok choy or choy sum, raw	HPB HPB AUS	50 0 14.3	4.4 0 2.5	0 0 0.2	0	0.2 0 2.4	8.1 0 0.6	10 0 0.6	0	1.7 0.0 4.1	0.2 0.0 0.7	0.0 0.0 0.1	0.0 0.0 0.0	0.0 0.0 0.7	0.3 0.0 0.2	0.3 0.0 0.2	174.4 0.0 16.2
15	Braised Egg Weight of	Braised Egg One Portion	26.8 383.2	53.6		Braised egg in soya sauce	HPB	182.0	15	13.1	1.68	0	1.2 Nutrient	1.2 ts of One Por	552	48.8	4.0 24.1	3.5 20.9	0.5 6.1	0.0	0.3	0.3 5.5	147.9 5151
Food Allergens	Cereals containing gluten Crustacean and crustacean products	X X	Eggs and egg Fish and fish	g products n products	X	Peanuts, soybeans and their pr Milk and milk products			nd nut produc concentrates	X		> 25g of Sug	gar Per Serving	1									
Dish 23	Char Siew Rice + Veg + Half Egg Set Meal					Cooking Method/ Remarks										ergy Per			Saturated	Dietary	Carbohyrat		Sodium Per
No.	Ingredients	Combined Component s	Component s Weight (g)	Weight of Prepration (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)	Carbohydra te Per 100g (g)		100g P	Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Fat Per Recipe Portion (g)	Fibre Per Recipe Portion (g)	e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Recipe Portion (mg)
1 2	Chicken Oil (Chicken Fat) Garlic			242.1 152.3	8.7 5.5	Fat, chicken Garlic, raw	USDA	900 149	0 6.36	99.8 0.5	29.8 0.089	0 2.1	0 30.96	0	0 17	78.4 8.2	0.0	8.7 0.0	2.6 0.0	0.0	0.0 1.7	0.0 0.1	0.0
4	Onion Ginger Pandan Leaf (Screwpine Leaf)	Chicken Rice	253.1	157.2 54.0 159.3	5.7 1.9 5.7	Onion, large, raw, peeled Ginger, raw, peeled Pandan leaf, raw	HPB HPB	30.38 51.864 55	1.7 2.1 1.9	0.1 1 0.8	0.001 0.3 0	2.1 1.7 5.2	4.6 8.6 10.1	7.3	3	1.7 1.0 3.2	0.1 0.0 0.1	0.0	0.0	0.1 0.0 0.3	0.3 0.2 0.6	0.3 0.1 0.0	0.6 0.1 0.0
6 7	Salt Sugar	(flavoured rice only)	233.2	187.8 101.2	6.8 3.6	Salt, table Sugar, white	HPB HPB	0 382.78	0	0	0	0	0 100	0 100	0	0.0 13.9	0.0	0.0	0.0	0.0	0.0	0.0	2646.3 0.0
9	Chicken Seasoning Powder, Knorr Brand White Rice, cooked	Gilley Polk	61.5	98.6 5884.6 61.5	211.7	Knorr Seasoning Powder Chick White rice cooked	TES HPB HPB	235 140 387.428	2.8	4.1 0.5 31.9	0.1	0.2 0.4 0	34.5 31.1 0.9	9.8	5	8.3 296.3 238.3	0.4 5.9	0.1 1.1 19.6	0.1	0.0	1.2 65.8	0.3	10.6
11	Pork Belly, with skin, grilled Red Colouring Food Dye Sugar	- "	61.5	14.5 2985.8	0.1	Roasted pork belly Green food colouring (NNS) Sugar, white	HPB HPB	0.0 382.78	23.9 0	0 0	13.5 0	0	0 100		0	0.0 40.8	14.7 0.0 0.0	0.0	8.3 0.0 0.0	0.0 0.0 0.0	0.6 0.0 10.7	0.0 0.0 10.7	272.4 0.0 0.0
14	Oyster Sauce Light Soy Sauce Dark Sov Sauce	Char Siew Seasoning and	14.8	296.6 489.5 97.7	1.1 1.7 0.3	Oyster sauce Soya sauce, light Sauce. soya. dark. sayoury	HPB HPB	70.0 50 86	2.3 4.4 7.8	0.2 0 0.4	0.001 0	0.001 0.2 0	14.7 8.1 12.9		***	0.7 0.9	0.0 0.1 0.0	0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.2 0.1 0.0	0.2 0.2 0.0	41.0 88.4 14.1
16 17	Onion Garlic	Colouring		102.6 99.4	0.4	Onion, large, raw, peeled Garlic, raw	HPB USDA	30.38 149	1.7 6.36	0.1	0.001	2.1 2.1	4.6 30.96	4.6	11	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Chye Sim, blanched	Chye Sim Braised Egg	28.5	50.0 28.5 53.6		Salt, table  Bok choy or choy sum, raw  Braised egg in soya sauce	AUS HPB	0 14.3 182.0	0 2.5 15	0 0.2 13.1	0 0 1.68	0 2.4 0	0 0.6 1.2	0 0.6 1.2	57	0.0 4.1 48.8	0.0 0.7 4.0	0.0 0.1 3.5	0.0 0.0 0.5	0.0 0.7 0.0	0.0 0.2 0.3	0.0 0.2 0.3	70.0 16.2 147.9
Food	Weight of Cereals containing gluten	One Portion X	384.7 Eggs and egg	g products	384.7 X	Peanuts, soybeans and their pr	X	Tree nuts an	nd nut produc	х			Nutrient par Per Serving	s of One Po	rtion	746	26.5	33.2	11.6	2.1	85.6	16.2	3909
	Crustacean and crustacean products  Roasted Pork Rice + Veg + Half Egg Set Meal	Х	Fish and fish	products		Milk and milk products  Cooking Method/ Remarks		aupnites in	concentrates														
		Combined	Corre	Weight of	Weight of		r	Enc.	Drot-i-	Total Fat	Saturated Eat Per	Dietary Sibra Bar	Carbohydra			Recipe	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Chicken Oil (Chicken Fat)	Component	Component s Weight (g)	Prepration (g) 242.1	8.7	Ingredient Names in Database Fat, chicken	Source USDA	Energy Per 100g (kcal) 900	0	Per 100g (g) 99.8	Fat Per 100g (g) 29.8	Fibre Per 100g (g)	te Per 100g (g)	100g (g)	(mg)	(Kcal) 78.4	Portion (g) 0.0	Per Recipe Portion (g) 8.7	Recipe Portion (g) 2.6	Recipe Portion (g) 0.0	Portion (g) 0.0	Recipe Portion (g) 0.0	Portion (mg) 0.0
3	Garlic Onion	Chicken		152.3 157.2	5.5 5.7	Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36 1.7	0.5 0.1	0.089	2.1 2.1	30.96 4.6	1 4.6	17	1.7	0.3 0.1	0.0	0.0	0.1 0.1	1.7 0.3	0.1	0.9
5	Ginger Pandan Leaf (Screwpine Leaf) Salt	Rice (flavoured	253.1	54.0 159.3 187.8	5.7	Ginger, raw, peeled Pandan leaf, raw Salt, table	HPB HPB	51.864 55 0	2.1 1.9 0	0.8 0	0.3 0	1.7 5.2 0	8.6 10.1 0		0	3.2 0.0	0.0 0.1 0.0	0.0 0.0	0.0 0.0 0.0	0.0 0.3 0.0	0.2 0.6 0.0	0.1 0.0 0.0	0.1 0.0 2646.3
7 8	Sugar Chicken Seasoning Powder, Knorr Brand	rice only)		101.2 98.6	3.6 3.5	Sugar, white Knorr Seasoning Powder Chick	HPB TES	382.78 235	0 11.6	0 4.1	0 1.9	0.2	100 34.5	100 9.8	0	13.9 8.3	0.0	0.0	0.0	0.0	3.6 1.2	3.6 0.3	0.0 600.0
9 10 11	White Rice, cooked Pork Belly, with skin, grilled Salt	GIHEU PUIA	60.0	5884.6 60.0 9.8	60.0	White rice cooked Roasted pork belly Salt, table	HPB HPB	140 387.428 0	2.8 23.9 0	0.5 31.9 0	0.1 13.5 0	0.4 0	31.1 0.9 0	0	443	296.3 232.5 0.0	5.9 14.3 0.0	1.1 19.1 0.0	0.2 8.1 0.0	0.8 0.0 0.0	65.8 0.5 0.0	0.2 0.0 0.0	10.6 265.8 369.1
12 13	Monosodium Glutamate (Alinomoto) Pepper	Roasted Pork Seasoning	15.5	50.6 48.8	4.9 4.7	Alinomoto, MSG Spices, pepper, white	HPB USDA	0 296	0 10.4	0 2.12	0.626	0 26.2	0 42.41	0	### 5	0.0 13.9	0.0	0.0	0.0	0.0 1.2	0.0 2.0	0.0	598.4 0.2
15	Five-Spice Powder Chye Sim, blanched Braised Egg	Chye Sim Braised Egg	28.5 26.8	52.5 28.5 53.6	5.0 28.5 26.8	Five spice powder  Bok choy or choy sum, raw  Braised egg in soya sauce	AUS HPB	348.0 14.3 182.0	1 2.5 15	8 0.2 13.1	2.36 0 1.68	5.3 2.4 0	68 0.6 1.2		57	17.6 4.1 48.8	0.1 0.7 4.0	0.4 0.1 3.5	0.1 0.0 0.5	0.3 0.7 0.0	3.4 0.2 0.3	0.0 0.2 0.3	1.4 16.2 147.9
Food	Cereals containing gluten	One Portion	384.0 Eggs and egg	g products	384.0 X	Peanuts, soybeans and their pr	×	Tree nuts an	nd nut produc		4.00	•		s of One Po		728	26.5	33.2	11.6	3.6	79.9	5.1	4658
	Crustacean and crustacean products  Curry Chicken Bee Hoon	х	Fish and fish	products		Milk and milk products  Cooking Method/ Remarks	×	Sulphites in	concentrates														
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra		Per I	ergy Per Recipe	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g) 105.5		Ingredient Names in Database Chilli, red, raw	Data Source HPB	Energy Per 100g (kcal) 36.09	Protein Per 100g (g) 2.8	Total Fat Per 100g (g) 0.7	Fat Per 100g (g) 0.1	Fibre Per 100g (g) 4.8	te Per 100g (g) 4.5	Sugar Per 100g (g) 4.5	(mg)	Ortion (Kcal)	Recipe Portion (g) 0.6	Per Recipe Portion (g) 0.1	Recipe Portion (g) 0.0	Recipe Portion (g) 1.0	Recipe Portion (g) 0.9	Recipe Portion (g) 0.9	Portion (mg) 2.1
3	Garlic Onion			9.8 11.4	2.0	Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36 1.7	0.5 0.1	0.089 0.001	2.1 2.1	30.96 4.6	1 4.6	17 11	2.9 0.7	0.1	0.0	0.0	0.0	0.6 0.1	0.0	0.3
4 5	Coconut Cream Whole Milk	Curry	244.6	188.6 489.5	37.7 97.9	Coconut cream Milk, whole	HPB HPB	733 64	0.2 3.2	69 3.7	61.19 2.25	0.8	27.9 4.5	0.97 4.5	33	276.5 62.7	0.1 3.1	26.0 3.6	23.1 2.2	0.3	10.5 4.4	0.4 4.4	12.4 32.3
7	Sugar Salt Curry Leaf	curry	244.6	97.4 46.4 51.2	9.3	Sugar, white Salt, table Curry leaf	HPB HPB	382.78 0 112.8	0 0 9.7	0 0 1.7	0	0 0 10.3	100 0 14.7	0	9	74.6 0.0 11.6	0.0 0.0 1.0	0.0 0.0 0.2	0.0 0.0 0.0	0.0 0.0 1.1	19.5 0.0 1.5	19.5 0.0 0.0	0.0 3635.3 0.9
9	Shallot Gold Potato (Yukon Gold)			10.2 168.8	2.0 33.8	Onion, shallot, raw, peeled Potato, raw with skin	HPB HPB	62 73	1.2 2.5	0.1	0	0.6 2.1	14.3 15.5	13.347 3.6	12 20	1.3 24.6	0.0	0.0	0.0	0.0	0.3 5.2	0.3 1.2	0.2 6.8
12	Taupok Bee Hoon, blanched Chicken Seasoning Powder, Knorr Brand	Bee Hoon, blanched,	186.9	44.3 181.5 5.4	8.9 181.5 5.4	Tofu Cooked beehoon Knorr Seasoning Powder Chick	HPB HPB TES	81.023 109 235	8.1 0.9 11.6	3.7 0.2 4.1	0.6 0.023 1.9	0.4 0.5 0.2	3.8 24.9 34.5	1.6 1.1 9.8	19	7.2 197.8 12.7	0.7 1.6 0.6	0.3 0.4 0.2	0.1 0.0 0.1	0.0 0.9 0.0	0.3 45.2 1.9	0.1 2.0 0.5	0.6 34.5 913.5
14 15	Chicken, unspecified, with skin, poached Salt	White	29.9	29.9 698.6	29.9 3.7	Knorr Seasoning Powder Chick Steamed Chicken, with Skin Salt, table	HPB	193.834	20.6	12.3	4.7 0	0	0	0	169	58.0	6.2 0.0	3.7	1.4 0.0	0.0	0.0	0.0	913.5 50.5 1453.3 174.4
16	Light Soy Sauce Water	Chicken Seasoning Chive Sim	15.0	649.5 1477.1 28.5	3.4 7.8 28.5	Soya sauce, light Water, plain Bok chov or chov sum. raw	HPB HPB AUS	50 0 14.3	4.4 0 2.5	0 0 0.2	0	0.2 0 2.4	8.1 0 0.6		0 57	1.7 0.0 4.1	0.2 0.0 0.7	0.0 0.0 0.1	0.0 0.0 0.0	0.0 0.0 0.7	0.3 0.0 0.2	0.3 0.0 0.2	174.4 0.0 16.2
17					L.V.3	and chos of chos sum, raw	, AUS	47.3		U.A.		4.75							U.U				6334
17 18 Food	Cereals containing gluten	One Portion X	504.9 Eggs and egg		504.9 X	Peanuts, soybeans and their pr			nd nut produc	Х	t i	> 25g of Sug	Nutrient ar Per Serving	s of One Po	rtion	744	15.8	34.7	26.9	4.9	90.9	30.0	0334
17 18 Food	Weight of	One Portion X			Х		X			х		> 25g of Sug			rtion	744	15.8	34.7	26.9	4.9	90.9	30.0	

Dish 26 Curry Chicken Noodles					Cooking Method/ Remarks																	
	Combined		Weight of	Weight of						Saturated		Carbohydra		Per Re		rotein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No. Ingredients  1 Chili	Component	Component s Weight (g)	(g) 105.5	One Serving (g) 21.1	Ingredient Names in Database Chilli, red, raw	Data Source HPB	Energy Per 100g (kcal) 36.09	Protein Per 100g (g) 2.8	Total Fat Per 100g (g) 0.7	Fat Per 100g (g) 0.1	Fibre Per t 100g (g) 4.8		Sugar Per : 100g (g) 4.5	100g Por [mg) (K	cal) P	Recipe ortion (g) 0.6	Per Recipe Portion (g) 0.1	Recipe Portion (g) 0.0	Recipe Portion (g) 1.0	Recipe Portion (g) 0.9	Recipe Portion (g) 0.9	Portion (mg) 2.1
2 Garlic 3 Onion			9.8 11.4	2.0	Garlic, raw Onion, large, raw, peeled	USDA HPB	149 30.38	6.36 1.7	0.5 0.1	0.089	2.1	30.96 4.6	1 4.6	17 2 11 0	.9	0.1	0.0	0.0	0.0	0.6	0.0	0.3
4 Coconut Cream 5 Whole Milk	= .		188.6 489.5	97.9	Milk, whole	HPB HPB	733 64	0.2 3.2	69 3.7	61.19 2.25	0.8	27.9 4.5	4.5	33 6:	6.5	0.1 3.1	26.0 3.6	23.1	0.3	10.5 4.4	0.4 4.4	12.4 32.3
6 Sugar 7 Salt 8 Curry Leaf	Curry	244.6	97.4 46.4 51.2	9.3	Sugar, white Salt, table Curry leaf	HPB HPB	382.78 0 112.8	0 0 9.7	0 0 1.7	0	0 0 10.3	100 0 14.7	0	### 0	1.6 1.6	0.0 0.0 1.0	0.0 0.0 0.2	0.0 0.0 0.0	0.0 0.0 1.1	19.5 0.0 1.5	19.5 0.0 0.0	0.0 3635.3 0.9
9 Shallot 10 Gold Potato (Yukon Gold)			10.2	2.0	Onion, shallot, raw, peeled Potato, raw with skin	HPB HPB	62	1.2	0	0	0.6			12 1		0.0	0.0	0.0	0.0	0.3	0.3	0.2
11 Taupok 12 Egg Noodles, blanched	Egg	172.7	44.3 167.5	8.9 167.5	Tofu Nooules, egg, cooxeu,	HPB HPB	81.023 138.0	8.1 4.5	3.7 2.1	0.6 0.42	0.4 1.2	3.8 23.96		5 23	1.2	0.7 7.5	0.3 3.5	0.1 0.7	0.0 2.0	0.3 40.1	0.1 0.7	0.6 8.4
13 Chicken Seasoning Powder, Knorr Brand 14 Chicken, unspecified, with skin, poached	noodles, Poacned	29.9	5.2 29.9	5.2 29.9	Knorr Seasoning Powder Chicke Steamed chicken, with skin	TES HPB	235 193.834	11.6 20.6	4.1 12.3	1.9 4.7 0	0.2	34.5 0	0	169 5	3.0	6.2	3.7	0.1 1.4	0.0	0.0	0.5	879.7 50.5
15 Salt 16 Light Soy Sauce 17 Water	Chicken	15.0	698.6 649.5 1477.1	3.4	Salt, table Soya sauce, light Water, plain	HPB HPB	0 50 0	0 4.4 0	0	0	0.2	8.1	10	### 0 ### 1		0.0 0.2 0.0	0.0 0.0 0.0	0.0 0.0	0.0 0.0	0.0 0.3 0.0	0.0 0.3 0.0	1453.3 174.4 0.0
18 Chye Sim, blanched Weigh	Chye Sim t of One Portion	28.5 490.7	28.5	28.5 490.7		AUS	14.3	2.5	0.2	0	2.4	0.6 Nutrients		57 4	.1	0.7 21.7	0.1 37.8	0.0 27.6	0.7 6.0	0.2 85.8	0.2 28.7	16.2 6274
Food Cereals containing gluten Allergens Crustacean and crustacean products	X	Fish and fish	g products n products	X	Peanuts, soybeans and their pn Milk and milk products		Tree nuts an Sulphites in o				> 25g of Sugar	Per Serving										
Dish 27 Chicken Shredded Porridge		1	1		Cooking Method/ Remarks							1		um Fner	zy Per			Saturated	Dietary	Carbohyrat		Sodium Per
	Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Fibre Per t	Carbohydra te Per 100g	Sugar Per	Per Res	cipe Pr	rotein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Recipe Portion
No. Ingredients  1 White Rice, raw		s Weight (g)	(g) 25.2	25.2	White rice, raw	HPB	100g (kcal) 348.948	100g (g) 7.1	0.5 0.5	100g (g) 0.1	100g (g) 0.7	79		22 8	7.9	1.8	0.1	Portion (g) 0.0	Portion (g) 0.2	19.9	Portion (g) 0.1	(mg) 5.5
2 Water 3 Light Soy Sauce 4 Salt	Porridge	285.7	254.5 5.5 0.5	254.5 5.5 0.5	Water, plain Soya sauce, light	HPB HPB	50	4.4	0	0	0.2	0 8.1 0	10	### 2	.8	0.0 0.2 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.0 0.0	0.0 0.4 0.0	0.0 0.6 0.0	0.0 278.0 195.9
5 Chicken, unspecified, with skin, poached 6 Salt	White	29.9	29.9	29.9		HPB HPB	193.834	20.6	12.3	4.7	0	0	0	169 5	3.0	6.2	3.7	1.4	0.0	0.0	0.0	50.5 1453.3
7 Light Soy Sauce 8 Water	Chicken Seasoning	15.0	649.5 1477.1	7.8	Soya sauce, light Water, plain	HPB HPB	50 0	4.4 0	0	0	0.2		0	0 0	.7	0.2	0.0	0.0	0.0	0.3	0.3	174.4 0.0
Food Cereals containing gluten Allergens Crustacean and crustacean products	t of One Portion	330.6 Eggs and egg			Peanuts, soybeans and their pn Milk and milk products		Tree nuts an			,	> 25g of Sugar	Nutrients Per Serving		tion 1	50	8.3	3.8	1.4	0.2	20.6	0.9	2158
Dish 28 Roasted Pork Rice Soup	-	Fish and fish	1 products		Cooking Method/ Remarks	'	Sulprinces in a	concentraces	1													
	Combined		Weight of	Weight of						Saturated		Carbohydra		Per Re		rotein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No. Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving (g)		Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	100g (g)	(g)	Sugar Per 100g (g)		cal) P	Recipe ortion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (mg)
1 White Rice, raw 2 Water 3 Light Soy Sauce	Porridge	285.7	25.2 254.5 5.5	254.5		HPB HPB	348.948 0 50	7.1 0 4.4	0.5	0.1	0.7	79 0 8.1	0	0 0	7.9	0.0 0.2	0.1 0.0 0.0	0.0 0.0	0.2 0.0 0.0	19.9 0.0 0.4	0.1 0.0 0.6	5.5 0.0 278.0
3 Light Soy Sauce 4 Salt 5 Pork Belly, with skin, grilled	GI HEU PUIA	30.0	5.5 0.5 30.0			HPB HPB	50 0 387.428	4.4 0 23.9	0 0 31.9	0 0 13.5	0.2	8.1 0 0.9	0	### C	6.2	0.2 0.0 7.2	0.0 0.0 9.6	0.0 0.0 4.1	0.0 0.0 0.0	0.4 0.0 0.3	0.6 0.0 0.0	278.0 195.9 132.9
6 Salt 7 Monosodium Glutamate (Alinomoto)	Roasted Pork	15.5	9.8 50.6	0.9 4.9	Salt, table Alinomoto, MSG	HPB HPB	0	0	0	0	0	0	0	### C	.0	0.0	0.0	0.0	0.0	0.0	0.0	369.1 598.4
8 Pepper 9 Five-Spice Powder	Seasoning		48.8 52.5	4.7 5.0	Spices, pepper, white	USDA HPB	296 348.0	10.4	2.12 8	0.626 2.36		42.41 68	0	5 1: 27 1:	3.9 7.6	0.5	0.1	0.0	0.3	2.0 3.4	0.0	0.2 1.4
Food Cereals containing gluten	t of One Portion	331.2 Eggs and egg	g products	331.2	Peanuts, soybeans and their pr	х	Tree nuts an				> 25g of Sugar	Nutrients	of One Por	tion 2	38	9.7	10.2	4.2	1.7	26.0	0.6	1582
Allergens Crustacean and crustacean products	1	Fish and fish	products	1	Milk and milk products		Sulphites in o	uncentrates	1													
Side 1 Roasted Chicken					Cooking Method/ Remarks										- 0	-		Saturated	B' -	Carbohyrat		e-41
	Combined	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Par	Per Re		rotein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
No. Ingredients  1 Chicken, unspecified, with skin, roasted	Component	s Weight (g) 30.0		(g)			100g (kcal) 226.91		Total Fat Per 100g (g) 12.72	100g (g) 3.93	100g (g) 0.55		100g (g)	(mg) (K		Recipe ortion (g) 8.2	Per Recipe Portion (g) 3.8	Portion (g)	Portion (g) 0.2	Portion (g) 0.3	Portion (g)	(mg) 124.8
2 White Vinegar 3 Sugar	Roasted		4876.5 486.4	8.8 0.9	Vinegar, white	HPB HPB	3 382.78	0.1	0.6 0	0 0	0	0	100	0 3	.3	0.0	0.1	0.0	0.0	0.0	0.0	19.8
4 Salt 5 Light Sov Sauce	Chicken Seasoning	14.7	698.6 649.5	1.3 1.2	Salt, table Sova sauce. light	HPB HPB	0 50	0 4.4	0	0	0.2	0 8.1	10	### C	1.6	0.0	0.0	0.0	0.0	0.0	0.0	491.7 59.0
6 Water Weigh	t of One Portion		1477.1	2.7 44.7	Water, plain	HPB	0	0	0	0	0	0 Nutrients	0	0 0	10	0.0 8.2	0.0 3.9	0.0 1.2	0.0	0.0 1.2	0.0 1.0	0.0 695
Food Cereals containing gluten  Allergens Crustacean and crustacean products		Fish and fish	g products n products		Peanuts, soybeans and their pr Milk and milk products	х	Tree nuts an Sulphites in o	a nut produc concentrates			> 25g of Sugar	rer Serving										
Side 2 White Chicken					Cooking Method/ Remarks								I		gy Per	I		Saturated	Dietary	Carbohyrat		Sodium Per
	Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary C Fibre Per t			Per Rei	tion P	rotein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Recipe Portion
No. Ingredients  1 Chicken, unspecified, with skin, poached	Poached	s Weight (g) 29.9	(g) 29.9	(g) 29.9	Steamed Chicken, With Skill	HPB	100g (kcal) 193.834	20.6	Per 100g (g) 12.3	100g (g) 4.7	100g (g) 0	(g) 0	0	169 5	(al) P	ortion (g) 6.2	Portion (g) 3.7	Portion (g)	Portion (g)	Portion (g) 0.0	Portion (g) 0.0	(mg) 50.5
2 Salt 3 Light Soy Sauce 4 Water	White Chicken Seasoning	15.0	698.6 649.5	3.7 3.4 7.8	Salt, table Soya sauce, light Water, plain	HPB HPB	0 50 0	0 4.4 0	0	0	0 0.2 0	0 8.1 0	0 10 0	### 1		0.0	0.0	0.0	0.0	0.0	0.0	1453.3 174.4
Food Cereals containing gluten	Seasoning t of One Portion	44.9 Eggs and egg	1477.1 g products	44.9	Peanuts, soybeans and their pr	х	Tree nuts an	d nut produc			> 25g of Sugar	Nutrients	of One Por		i.0	6.3	3.7	1.4	0.0	0.0	0.0	0.0 1678
Allergens Crustacean and crustacean products		Fish and fish			Milk and milk products		Sulphites in o	concentrates				d										
Side 3 Char Siew	c		Weight of	Weight of	Cooking Method/ Remarks					Satura :	Dietary C	arbet			gy Per	rotein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No. Ingredients	Combined Component	Component s Weight (g)	Weight of Prepration (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 C Fibre Per t 100g (g)			100g Por	tion	Recipe	Total Fat Per Recipe Portion (g)	Fat Per Recipe Portion (g)	Fibre Per Recipe Portion (g)	e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Recipe Portion (mg)
Pork Belly, with skin, grilled     Red Colouring Food Dye	Grilled Pork	30.8	30.8 14.5	30.8		HPB HPB	387.428 0.0	23.9 0	31.9 0	13.5 0	0 0	0.9	0	443 11	9.3 .0	7.4 0.0	9.8 0.0	4.2 0.0	0.0 0.0	0.3 0.0	0.0 0.0	136.4 0.0
3 Sugar 4 Oyster Sauce	Char Siew		2985.8 296.6	10.7	Sugar, white Oyster sauce	HPB HPB	382.78 70.0	0 2.3	0.2	0.001	0.001	100 14.7	100 14.7	0 41	0.8	0.0	0.0	0.0	0.0	10.7 0.2	10.7 0.2	0.0 41.0
5 Light Soy Sauce 6 Dark Soy Sauce	Seasoning and Colouring	14.8	489.5 97.7	0.3	Soya sauce, light Sauce, soya, dark, savoury	HPB HPB	50 86	4.4 7.8	0.4	0	0.2	8.1 12.9 4.6	10 8.12	### C	13	0.1	0.0	0.0	0.0	0.1	0.2	88.4 14.1
7 Onion 8 Garlic 9 Salt	Colouring		102.6 99.4 50.0	0.4		USDA HPB		1.7 6.36 0	0.1 0.5 0	0.001 0.089 0		30.96	4.6 1 0	17 C		0.0	0.0 0.0	0.0 0.0 0.0	0.0 0.0	0.0 0.1 0.0	0.0 0.0 0.0	0.0 0.1 70.0
Food Cereals containing gluten	t of One Portion	Eggs and egg	g products	45.6	Peanuts, soybeans and their pn	х	Tree nuts an	d nut produc			> 25g of Sugar	Nutrients	of One Por	tion 1		7.5	9.8	4.2	0.0		11.0	350
Allergens Crustacean and crustacean products	х	Fish and fish	products	,	Milk and milk products		Sulphites in o	concentrates														
Side 4 Roasted Pork	Combined		Weight of	Weight of	Cooking Method/ Remarks					Saturated	Dietary C	arhohydra		um Energ	gy Per	rotein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No. Ingredients	Component	Component s Weight (g)	Prepration	One Serving		Data Source	Energy Per 100g (kcal)		Total Fat Per 100g (g)	Fat Per 100g (g)		te Per 100g	Sugar Per	100g Por	tion	Recipe	Per Recipe	Fat Per Recipe Portion (g)	Recipe Portion (g)	Recipe	Sugar Per Recipe Portion (g)	Recipe Portion (mg)
Pork Belly, with skin, grilled Salt	Grilled Pork Roasted	60.0	60.0 9.8	60.0 0.9	Roasted pork belly Salt, table	HPB HPB	387.428 0	23.9	31.9	13.5 0	0	0.9	0	443 23	2.5	14.3 0.0	19.1 0.0	8.1 0.0	0.0	0.5	0.0	265.8 369.1
3 Monosodium Glutamate (Ajinomoto) 4 Pepper	Roasted Pork Seasoning	15.5	50.6 48.8	4.9 4.7	Ajinomoto, MSG Spices, pepper, white	HPB USDA	0 296	0	0 2.12	0 0.626	0 26.2	0 42.41	0	5 1	3.9	0.0 0.5	0.0	0.0	0.0 1.2	0.0 2.0	0.0	598.4 0.2
5 Five-Spice Powder  Weight  Food Cereals containing gluten	of One Portion		52.5	5.0 75.5	*	HPB	348.0		8 V	2.36	5.3	Nutrients	of One Por	27 1' tion 2	7.6 <b>64</b>	0.1 14.9	0.4 19.6	0.1 8.2	0.3 1.5	3.4 6.0	0.0	1.4 1235
Allergens Crustacean and crustacean products		Fish and fish	g products n products	•	Peanuts, soybeans and their products Milk and milk products	ott)	Tree nuts an Sulphites in o	concentrates	Х		> 25g of Sugar	er serving										
Side 5 Veg 1 (Cai Xin)					Cooking Method/ Remarks									um Energ	gy Per			Saturated	Dietary	Carbohyrat		Sodium Per
	Combined	Component	Weight of Prepration	Weight of One Serving	Investigat 6:	Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per t	Carbohydra te Per 100g		Per Red 100g Por	tion P		Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Recipe Portion
No. Ingredients  1 Chye Sim, blanched  2 Oyster Sauce	Chye Sim	s Weight (g) 28.5	(g) 28.5 1.0	28.5	Ingredient Names in Database Bok choy or choy sum, raw Oyster sauce	AUS HPB	100g (kcal) 14.3 70.0	100g (g) 2.5 2.3	Per 100g (g) 0.2 0.2	0 0 0.001	100g (g) 2.4 0.001	(g) 0.6 14.7	0.6 14.7	57 4		0.7 0.0	0.1 0.0	0.0 0.0	0.7 0.0	0.2 0.1	0.2 0.1	(mg) 16.2 38.7
Light Soy Sauce     Monosodium Glutamate (Alinomoto)	Vegetable Gravy	3.1	1.0 1.5 0.4	1.5 0.4	Soya sauce, light Alinomoto, MSG	HPB HPB	50	2.3 4.4 0	0.2	0.001	0.001	8.1	10 0	*** C	.8	0.1	0.0	0.0	0.0	0.1	0.2	75.8 49.2
5 Salt Weigh	t of One Portion	31.6	0.2	0.2 31.6	Salt, table	HPB	0	0	0	0	0	0 Nutrients	0 of One Por	### 0	6	0.0	0.0	0.0	0.0	0.0	0.0	78.3 258
Food Cereals containing gluten Allergens Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pri Milk and milk products		Tree nuts an Sulphites in o				> 25g of Sugar	Per Serving										
Side 6 Veg 2 (Nonya Chap Chye)					Cooking Method/ Remarks							I		um Ener	gy Per			Saturated	Dietary	Carbohyrat		Sodium Per
	Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Fibre Per t	Carbohydra te Per 100g	Sugar Per	Per Res 100g Por	tion P	rotein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Recipe Portion
No. Ingredients  1 Napa Cabbase, blanched	s	s Weight (g)	(g) 7.0		Cabbage, napa, cooked	Source FB	100g (kcal) 12	1.1	Per 100g (g) 0.2	100g (g) 0	100g (g) 0	(g) 2.2	100g (g) 0	11 0	.8	ortion (g) 0.1	Portion (g) 0.0	Portion (g) 0.0	Portion (g)	Portion (g) 0.2	Portion (g) 0.0	(mg) 0.8
2 Black Fungus: blanched 3 Beancurd Stick, blanched 4 Carrot, blanched	Blanched Vegetables	27.5	6.8 6.5 7.2	6.5	Bean Curd Stick - bean curd	MFP HPB	21 275 31.58	1.5 27.5 0.8	0.2 16.25 0.1	0.001 2.5 0.001	2.6 2.5 3.9	3.4 3.75 5	0.001 1.25 5	10 1	7.9	0.1 1.8	0.0 1.1	0.0	0.2	0.2	0.0 0.1	0.6
4 Carrot, blanched 5 Ovster Sauce 6 Light Soy Sauce	Vegetable		7.2 1.0 1.5	1.0	Ovster sauce	HPB HPB	70.0 50	0.8 2.3 4.4	0.1 0.2 0	0.001 0.001 0	0.001 0.2	14.7	5 14.7 10	### C	1.7 1.8	0.1 0.0 0.1	0.0 0.0 0.0	0.0 0.0 0.0	0.3 0.0 0.0	0.4 0.1 0.1	0.4 0.1 0.2	2.9 38.7 75.8
7 Monosodium Glutamate (Ajinomoto) 8 Salt	Gravy	3.1	0.4	0.4	Ajinomoto, MSG	HPB HPB	0	0	0	0	0	0	0	### C	.0	0.0	0.0	0.0	0.0	0.0	0.0	49.2 78.3
Food Cereals containing gluten	of One Portion	Eggs and egg	g products	30.6	Peanuts, soybeans and their pr	х	Tree nuts an				> 25g of Sugar	Nutrients				2.1	1.1	0.2	0.6	1.3	0.7	247
Allergens Crustacean and crustacean products  Side 7 Braised Egg	X	Fish and fish	products		Milk and milk products  Cooking Method/ Remarks		Sulphites in a	concentrates	1													
	Combined		Weight of	Weight of	g					Saturated		Carbohydra			cipe Pi	rotein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
	Component	Component s Weight (g)	Prepration (g)	One Serving	Ingredient Names in Database		Energy Per 100g (kcal)		Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per t	te Per 100g 5	Sugar Per 100g (g)	100g Por [mg) (K	tion ral) P	Recipe ortion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (mg)
No. Ingredients	Braised Egg	53.6 53.6	53.6	53.6 53.6	Braised egg in soya sauce	HPB	182.0	15	13.1	1.68	0	1.2 Nutrients	1.2	552 9	7.6	8.0 8.0	7.0 7.0	0.9	0.0	0.6	0.6	295.9 296
1 Braised Egg Weigh	of One Portion		e products	х	Peanuts, soybeans and their pn Milk and milk products	х	Tree nuts an Sulphites in o	d nut produc concentrates			> 25g of Sugar	Per Serving										
1 Braised Egg	t of One Portion	Eggs and egg Fish and fish	products																			
Braised Egg     Weigh  Food Cereals containing gluten	t of One Portion	Eggs and egg Fish and fish	1 products		Cooking Method/ Remarks									um Ener	zy Per			Saturated	Dietary	Carbohyrat		Sodium Per
1 Braised Egg Weight Food Cereals containing gluten Allergemi Crustacean and crustacean products Side 8 Sausage	Combined Component	Fish and fish  Component	Weight of Prepration	Weight of One Serving	Cooking Method/ Remarks	Data		Protein Per	Total Fat	Saturated Fat Per	Dietary C			Per Rei	tion P	rotein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
Brancel Sig Weight Food Cereals containing gluten Melgeress Constances and coustacean products Side 8 Savisage No. Ingredients 1 Obsken Frank with Cheese, Stanched	Combined Component s	Component s Weight (g)	Weight of Prepration	Weight of One Serving (g) 40.0	Cooking Method/ Remarks	Source	Energy Per 100g (kcal) 302.0	100g (g)	Per 100g (g)	100g (g)	Dietary C Fibre Per 100g (g)	(g) 6	100g (g)	Per Rei 100g Por [mg) (Ki 806 12	tion rai) P	Recipe ortion (g) 6.2	Per Recipe Portion (g) 9.6	Fat Per Recipe Portion (g) 3.8	Fibre Per Recipe Portion (g) 0.4	e Per Recipe	Sugar Per Recipe Portion (g) 0.5	Recipe Portion (mg) 322.4
Brancel Sig Weight Food Cereals containing gluten Melgeress Constances and coustacean products Side 8 Savisage No. Ingredients 1 Obsken Frank with Cheese, Stanched	Combined Component	Component s Weight (g) 40.0	Weight of Prepration	Weight of One Serving (g) 40.0	Cooking Method/ Remarks	Source HPB	100g (kcal) 302.0	100g (g) 15.5	Per 100g (g) 24.1	100g (g) 9.41	Fibre Per t 100g (g)	(g) 6 Nutrients	100g (g)	Per Rei 100g Por [mg) (Ki 806 12	tion ral) P	Recipe ortion (g)	Per Recipe Portion (g)	Fat Per Recipe Portion (g)	Fibre Per Recipe Portion (g)	e Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (mg)

Allermon	Crustacean and crustacean products		Eirh and firh	n products		Milk and milk products	٧	Sulphiter in	concentrates		ī			1							
	Liver + Gizzards		II. san amo rish	. providets		Cooking Method/ Remarks		- Augustes III	- Jimouriti et es	-	-	1									
300	DVC 1 GALAGO	Combined				Cooning methody nemarks								um Energy P	er		Saturated		Carbohyrat	Sc	odium Per
		Combined	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per		Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g Sugar Pe	r 100g Portion	Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Recipe	Recipe Portion
No.	Ingredients Chicken Liver, blanched	Liver	s Weight (g) 31.6	(g) 31.6	(g) 31.6	Ingredient Names in Database Chicken, liver, boiled Chicken, gizzard, all classes.	Source HPB	100g (kcal) 157.0	100g (g) 24.36	Per 100g (g) 5.45	100g (g) 1.84	100g (g)	(g) 100g (g 0.88 0	(mg) (Kcal) 51 49.6	Portion (g) 7.7	Portion (g) 1.7	Portion (g) 0.6	Portion (g) 0.0	Portion (g) 0.3	Portion (g) 0.0	(mg) 16.1
1	Chicken Gizzard, blanched	Gizzard One Portion	32.1 63.7	32.1	32.1 63.7	Cnicken, gizzaro, ali ciasses,	USDA	154.0		2.68	0.67	0		56 49.4		0.9	0.2	0.0	0.0	0.0	18.0
Food	Cereals containing gluten	One rotton	Eggs and egg Fish and fish	g products	03.7	Peanuts, soybeans and their pro Milk and milk products	oducts		nd nut produc			> 25g of Sug	gar Per Serving	Utdairj 33	1.5	2.0	0.0	0.0	0.5		
	Crustacean and crustacean products		Fish and fish	1 products				Sulpnites in	concentrates	l	l			1							
Side 10	Roasted Chicken (1 Pax)		1	1		Cooking Method/ Remarks								um Energy P	er		Saturated	Dietary	Carbohyrat	Sc	odium Per
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g Sugar Pe	Per Recipe		Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Recipe	Recipe Portion
No.	Ingredients Chicken, unspecified, with skin, roasted	S Noasteu	s Weight (g)	(g) 60.0	(g)	Ingredient Names in Database Roasted chicken	Source HPB	100g (kcal) 226.91		Per 100g (g) 12.72	100g (g) 3.93	100g (g) 0.55	(g) 100g (g)	(mg) (Kcal)		Portion (g)	Portion (g)	Portion (g) 0.3	Portion (g) 0.5	Portion (g)	(mg)
2	White Vinegar	Roasted	60.0	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	249.6 19.8
3	Sugar Salt	Roasted Chicken	14.7	486.4 698.6	0.9 1.3	Sugar, white Salt. table	HPB HPB	382.78 0	0	0	0	0	100 100 0 0	0 3.3	0.0	0.0	0.0	0.0	0.9	0.9	0.0 491.7
5	Light Sov Sauce Water	Seasoning		649.5 1477.1	1.2 2.7	Sova sauce. light Water, plain	HPB HPB	50	4.4	0	0	0.2	8.1 10 0 0		0.1	0.0	0.0	0.0	0.1	0.1	59.0
		One Portion	74.7		74.7	Peanuts, soybeans and their pro							Nutrients of One F		16.4	7.7	2.4	0.3	1.5	1.0	820
	Crustacean and crustacean products		Eggs and egg Fish and fish			Milk and milk products		Sulphites in	nd nut produc concentrates			> 25g of Sup	gar Per Serving								
Side 10	Roasted Chicken (2 Pax)					Cooking Method/ Remarks															
		Combined		Weight of	Weight of						Saturated	Dietary	Carhohydra	um Energy P Per Recipe	er Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per		odium Per Recipe
		Component	Component	Prepration	One Serving		Data	Energy Per	Protein Per	Total Fat	Fat Per	Fibre Per	te Per 100g Sugar Pe	100g Portion	Recipe	Per Recipe	Recipe	Recipe	Recipe	Recipe	Portion
No.	Ingredients Chicken, unspecified, with skin, roasted	NUADIEU MILIEU	s Weight (g) 120.0	(g) 60.0	(g) 120.0	Ingredient Names in Database Roasted chicken	Source HPB	100g (kcal) 226.91	100g (g) 27.27	Per 100g (g) 12.72	100g (g) 3.93	100g (g) 0.55	(g) 100g (g 0.85 0.01	(mg) (Kcal) 416 272.3	Portion (g) 32.7	Portion (g) 15.3	Portion (g) 4.7	Portion (g) 0.7	Portion (g) 1.0		(mg) 499.3
2	White Vinegar Sugar	Roasted		8.8	17.6	Vinegar, white Sugar, white	HPB HPB	3 382.78	0.1	0.6	0	0	0 0 100 100	226 0.5	0.0	0.1	0.0	0.0	0.0 1.8	0.0 1.8	39.8 0.0
4	Salt	Chicken Seasoning	29.8	1.3	2.6	Salt, table	HPB	0	0	0	0	0	0 0	### 0.0	0.0 0.1	0.0	0.0	0.0	0.0	0.0	1018.5 121.3
6	Light Soy Sauce Water			1.2 2.7	5.4	Soya sauce, light Water, plain	HPB HPB	50 0	4.4 0	0	0	0.2	0 0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Cereals containing gluten Weight of	One Portion	149.8 Eggs and egg		149.8	Peanuts, soybeans and their pro	х	Tree nuts an	nd nut produc			> 25g of Sus	Nutrients of One F gar Per Serving	ortion 281	32.8	15.4	4.7	0.7	3.0	2.1	1679
	Crustacean and crustacean products		Fish and fish			Milk and milk products			concentrates												
Side 11	Roasted Chicken (3 Pax)					Cooking Method/ Remarks										-					
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra	um Energy P Per Recipe	Protein Per	Total Fat	Saturated Fat Per	Fibre Per	Carbohyrat e Per	Sugar Per	odium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration	One Serving	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g Sugar Pe (g) 100g (g)	r 100g Portion	Recipe	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe	Portion (mg)
1	Chicken, unspecified, with skin, roasted	Roasted	180.0	60.0	180.0	Roasted chicken	HPB	226.91	27.27	12.72	3.93	0.55	0.85 0.01	416 408.4	49.1	22.9	7.1	1.0	1.5	0.0	748.9
3	White Vinegar Sugar	Roasted		8.8 0.9	2.7	Vinegar, white Sugar, white	HPB HPB	3 382.78	0.1	0.6	0	0	0 0 100 100	0 10.3	0.0	0.2	0.0	0.0	0.0 2.7	2.7	59.7 0.0
4	Salt Light Soy Sauce	Chicken Seasoning	44.7	1.3	3.9	Salt, table Soya sauce, light	HPB HPB	0 50	0 4.4	0	0	0.2	0 0 8.1 10	### 0.0 ### 1.8	0.0	0.0	0.0	0.0	0.0	0.0	1527.7 182.0
6	Water	One Bestler	224.7	2.7	8.1	Water, plain	HPB	0	0	0	0	0	0 0	0.0	0.0 49.3	0.0	0.0 7.1	0.0	0.0	0.0	0.0 2518
Food	Cereals containing gluten	One Portion	Eggs and egg	g products	224.7	Peanuts, soybeans and their pro			nd nut produc			> 25g of Sug	Nutrients of One F gar Per Serving	421	47.3	43.1	7.1	1.0	4.3	3.1	2310
	Crustacean and crustacean products		Fish and fish	n products		Milk and milk products		Sulphites in	concentrates					1							
Side 12	White Chicken (1 Pax)					Cooking Method/ Remarks								um Energy P	er		Saturated	Dietary	Carbohyrat	6.	odium Per
		Combined		Weight of	Weight of		D		Dante 1 D	T-1.15	Saturated	Dietary	Carbohydra	Per Recipe	Protein Per	Total Fat	Fat Per	Fibre Per	e Per	Sugar Per	Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g Sugar Pe (g) 100g (g)		Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)		Portion (g)	Portion (mg)
1 2	Chicken, unspecified, with skin, poached Salt	White	59.8	59.8 698.6	59.8 3.7	Salt, table	HPB HPB	193.834	20.6	12.3	4.7 0	0		169 115.9	12.3 0.0	7.4 0.0	2.8 0.0	0.0	0.0		101.1 1453.3
3	Light Soy Sauce Water	Chicken Seasoning	15.0	649.5 1477.1	3.4	Soya sauce, light Water, plain	HPB HPB	50	4.4	0	0	0.2	8.1 10		0.2	0.0	0.0	0.0	0.3	0.3	174.4
	Weight of	One Portion	74.8		7.8								Nutrients of One F			7.4	2.8	0.0	0.0		1729
Food Allergen:	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish	g products products		Peanuts, soybeans and their pro Milk and milk products	х	Tree nuts an Sulphites in	nd nut produc concentrates			> 25g of Sug	gar Per Serving								
	White Chicken (2 Pax)					Cooking Method/ Remarks															
														um Energy P			Saturated	Dietary	Carbohyrat	So	odium Per
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g Sugar Pe		Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Recipe	Recipe Portion
No.	Ingredients Chicken, unspecified, with skin, poached	Poacned	s Weight (g) 119.6	(g) 59.8	(g) 119.6	Ingredient Names in Database Steamed chicken, with skin	Source HPB	100g (kcal) 193.834		Per 100g (g) 12.3	100g (g) 4.7	100g (g)	(g) 100g (g	(mg) (Kcal) 169 231.8		Portion (g) 14.7	Portion (g) 5.6	Portion (g) 0.0	Portion (g) 0.0	Portion (g) 0.0	(mg) 202.1
2	Salt	White	29.8	3.7		Salt, table	HPB	0 50	0	0	0	0	0 0	### 0.0	0.0	0.0	0.0	0.0	0.0	0.0	2898.8
	Light Sov Sauce Water	Seasoning		7.8	15.6	Sova sauce. light Water, plain	HPB HPB	50 0	0	0	0	0.2	0 0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	343.7 0.0
Food	Cereals containing gluten	One Portion	Eggs and egg		149.4	Peanuts, soybeans and their pri	x		nd nut produc			> 25g of Sug	Nutrients of One F gar Per Serving	ortion 235	24.9	14.7	5.6	0.0	0.6	0.7	3445
	Crustacean and crustacean products		Fish and fish			Milk and milk products			concentrates												
Side 14	White Chicken (3 Pax)					Cooking Method/ Remarks								1 1-							
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra	um Energy P Per Recipe	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	odium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g Sugar Pe (g) 100g (g	100g Portion	Recipe	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe	Portion (mg)
1	Chicken, unspecified, with skin, poached	roacneu White	179.4	59.8	179.4		HPB	193.834	20.6	12.3	4.7	0	0 0	169 347.7	37.0	22.1	8.4	0.0	0.0	0.0	303.2
3	Salt Light Soy Sauce	Chicken	44.7	3.7	10.2	Salt, table Soya sauce, light	HPB HPB	50	4.4	0	0	0.2	8.1 10	### 0.0 ### 5.1	0.0	0.0	0.0	0.0	0.0	1.0	4348.2 515.6
4	Water Weight of	Seasoning One Portion	224.1	7.8	23.4 224.1	Water, plain	HPB	0		0	0	0	0 0 Nutrients of One F	0.0	0.0 37.4	0.0 22.1	0.0 8.4	0.0	0.0	0.0	0.0 5167
Food	Cereals containing gluten Crustacean and crustacean products		Eggs and egg			Peanuts, soybeans and their pri Milk and milk products	Х	Tree nuts an Sulphites in	nd nut produc concentrates		-	> 25g of Sug	gar Per Serving								
	Plain Chicken Rice					Cooking Method/ Remarks								•							_
206 12	Dicaen roce					and meaning remarks								um Energy P			Saturated	Dietary	Carbohyrat	Sc	odium Per
		Combined Component	Component	Weight of Prepration	Weight of One Serving		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohydra te Per 100g Sugar Pe	Per Recipe 100g Portion	Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Recipe	Recipe Portion
No.	Ingredients Chicken Oil (Chicken Fat)	s	s Weight (g)		(g)	Ingredient Names in Database Fat, chicken	Source	100g (kcal)	100g (g)	Per 100g (g)	100g (g) 29.8	100g (g)	(g) 100g (g			Portion (g) 8.7	Portion (g)	Portion (g)	Portion (g) 0.0		(mg) 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 4	Onion Ginger	Chicken		157.2 54.0	1.9	Onion, large, raw, peeled Ginger, raw, peeled	HPB HPB	30.38 51.864	1.7 2.1	0.1	0.001	2.1 1.7	4.6 4.6 8.6 7.3	11 1.7 3 1.0	0.1	0.0	0.0	0.1	0.3	0.3	0.6
5	Pandan Leaf (Screwpine Leaf)	Rice (flavoured	253.1	159.3	5.7	Pandan leaf, raw	HPB	55	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
7	Salt Sugar	rice only)		187.8 101.2	3.6	Salt, table Sugar, white	HPB 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
	Chicken Seasoning Powder, Knorr Brand White Rice, cooked			98.6 5884.6		Knorr Seasoning Powder Chicke White rice cooked	TES	235 140	11.6 2.8	4.1 0.5	1.9 0.1	0.2	34.5 9.8 31.1 0.1			0.1 1.1	0.1	0.0	1.2 65.8	0.2	600.0 10.6
		One Portion	253.1 Eggs and egg		253.1 X	Peanuts, soybeans and their pro							Nutrients of One F gar Per Serving			10.0	2.9		73.4		3258
Allergen:	Crustacean and crustacean products	X	Fish and fish	products	x	Milk and milk products	x	Sulphites in	concentrates	_ ^	<u> </u>	. aug ur alli	on the sorvella	1							
Side 16	White Rice					Cooking Method/ Remarks															
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra	um Energy P Per Recipe	er Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	odium Per Recipe
No.	logge disease	Component	Component s Weight (g)	Prepration	One Serving	Ingredient Names in Database	Data Source		Protein Per 100g (g)		Fat Per 100g (g)	Fibre Per 100g (g)	te Per 100g Sugar Pe	r 100g Portion	Recipe	Per Recipe	Recipe	Recipe Portion (g)	Recipe	Recipe	Portion (mg)
		White Rice	211.7	5884.6	211.7		HPB	100g (kcal) 140			0.1	100g (g) 0.4	31.1 0.1	5 296.3	5.9	1.1	0.2	0.8	65.8	0.2	10.6
Food	Cereals containing gluten	One Portion	211.7 Eggs and egg	g products	211.7	Peanuts, soybeans and their pro	oducts	Tree nuts an	nd nut produc			> 25g of Sus	Nutrients of One F gar Per Serving	ortion 296	5.9	1.1	0.2	8.0	65.8	0.2	11
Allergen	Crustacean and crustacean products		Fish and fish			Milk and milk products			concentrates					1							