Canteen	Techno Edge
Stall Num	Stall 4
Food Type	Ma La Xiang Guo
Operator	Pili Hong Pte Ltd

No.	Mala Sauce (Non-Spicy Base)								
No. 1 2						Cooking Method/ Remarks			
2									
2		Combined		Weight of	Weight of				
2	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)
	Garlic, Minced			14.3	14.3	Garlic, raw	USDA	149	6.36
	Shallot, Minced	Non Spicy		14.8		Onion, shallot, raw, peeled	HPB	62	1.2
4	Sugar Salt	Alternative	46.3	0.8	0.8	Sugar, raw Salt, table	HPB HPB	382.06 0	0
5	Monosodium Glutamate (Ajinomoto)	Sauce		0.7	0.7	vetsin, monosoaium	HPB	267.925	40.1
6	Oyster Sauce			15.0	15.0	Oyster sauce	HPB	70	2.3
Food	Weight of Cereals containing gluten	One Portion	46.3		46.3		d and	w	
	Crustacean and crustacean products	×	Eggs and eg Fish and fish			Peanuts, soybeans and their pro Milk and milk products	ducts	Tree nuts and Sulphites in o	nut product
				p. 100011				,	
Dish 2	Mala Sauce 小辣 (Slightly Spicy Base)					Cooking Method/ Remarks			
		Combined		Weight of	Weight of				
		Component	Component	Prepration	One		Data	Energy Per	Protein Per
No.	Ingredients	s	s Weight (g)	(g)	Serving (g)	Ingredient Names in Database	Source	100g (kcal)	100g (g)
1	Roasted Peanut Oil			298.9		Oil, peanut	HPB	885.17	0
2	Fresh Ginger, Minced			28.5 16.2	0.7	Ginger, raw, peeled	HPB NV	51.864 337	2.1 18
4	Star Anise Pod Cinnamon Stick	Mala Sauce		1.5	0.0	Spices, anise seed Cinnamon	HPB	306.883	3.3
5	Shallot, Minced	(Slightly	13.9	38.8		Onion, shallot, raw, peeled	HPB	62	1.2
6	Garlic, Minced	Spicy)		8.0	0.2	Garlic, raw	USDA	149	6.36
7	Szechuan Peppercorn			57.5		Spices, pepper, black	USDA	251.0	10.39
- 8	Chinese Chili, Dried			5.6	0.1	Chilli, dried	HPB	211.998	15
9	Toasted Sesame Oil		42.0	100.3	2.5	Oil, sesame	HPB	900	0
Food	Cereals containing gluten	One Portion	13.9 Eggs and eg		13.9	Peanuts, soybeans and their pre	х	Tree nuts an	d and areading
Allergen	Crustacean and crustacean products		Fish and fish			Milk and milk products		Sulphites in o	
Dish 3	Mala Sauce 中辣 (Spicy Base)					Cooking Method/ Remarks			
		Combined		Weight of	Weight of				
		Component	Component	Prepration	One		Data	Energy Per	Protein Per
No.	Ingredients	s	s Weight (g)	(g)		Ingredient Names in Database	Source	100g (kcal)	100g (g)
2	Roasted Peanut Oil Fresh Ginger, Minced			298.9 28.5	14.9	Oil, peanut Ginger, raw, peeled	HPB HPB	885.17 51.864	2.1
_ 3	Star Anise Pod			28.5 16.2	0.8	Spices, anise seed	NV	337	18
4	Cinnamon Stick	Mala Sauce		1.5	0.1	Cinnamon	HPB	306.883	3.3
5	Shallot, Minced	(Spicy)	27.8	38.8	1.9	Onion, shallot, raw, peeled	HPB	62	1.2
7	Garlic, Minced Szechuan Peppercorn			8.0 57.5	0.4 2.9	Garlic, raw Spices, pepper, black	USDA	149 251.0	6.36 10.39
8	Chinese Chili, Dried			57.5	0.3	Chilli, dried		211.998	15
9	Toasted Sesame Oil			100.3	5.0	Oil, sesame	HPB	900	0
	Weight of	One Portion	27.8		27.8				
Food	Cereals containing gluten		Eggs and eg			Peanuts, soybeans and their pro		Tree nuts an	
	Crustacean and crustacean products		Fish and fish	- productS		Milk and milk products		Sulphites in o	ciu ates
Dish 4	Mala Sauce 大辣 (Very Spicy Base)					Cooking Method/ Remarks			
		C							
		Combined	Compens	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per
No.	Ingredients	Component	component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	
1	Roasted Peanut Oil		- And K	298.9		Oil, peanut	HPB	885.17	0
2	Fresh Ginger, Minced			28.5	1.4	Ginger, raw, peeled	HPB	51.864	2.1
3	Star Anise Pod			16.2	0.8	Spices, anise seed	NV	337	18
- 4 - 5	Cinnamon Stick Shallot, Minced	Mala Sauce	35.2	1.5 38.8	0.1 1.9	Cinnamon Onion, shallot, raw, peeled	HPB HPB	306.883 62	3.3 1.2
6	Shallot, Minced Garlic, Minced	(Spicy)	33.2	38.8 8.0	0.4	Garlic, raw Garlic, raw	USDA	149	6.36
7	Szechuan Peppercorn			57.5	2.9	Spices, pepper, black	USDA	251.0	10.39
8	Chinese Chili, Dried			5.6		Chilli, dried	HPB	211.998	15
9	Toasted Sesame Oil Weight of	One Portion	35.2	100.3	5.0 35.2	Oil, sesame	HPB	900	0
Food	Cereals containing gluten		35.2 Eggs and eg	g products		Peanuts, soybeans and their pro	х	Tree nuts an	d nut product
	Crustacean and crustacean products		Fish and fish			Milk and milk products		Sulphites in o	
Side 1	Beancurd Skin (Fried)					Cooking Method/ Remarks			
		Combined	Commercia	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per
No.	Ingredients	s	component s Weight (g)	Prepration (g)		Ingredient Names in Database		Energy Per 100g (kcal)	
1	Beancurd Skin	Deep Fried	30.0	26.1		bean curd skin - bean curd	MFP	160	17
	Sunflower Oil	Beancurd		3.9	3.9	Oil, sunflower	НРВ	885.17	0
2	Michigan C	One Portion	30.0		30.0				
2	Weight of				30.0			-	
2 Food	Cereals containing gluten		Eggs and eg			Peanuts, soybeans and their pro Milk and milk products		Tree nuts an	
Food Allergen	Cereals containing gluten Crustacean and crustacean products		Eggs and eg Fish and fish			Peanuts, soybeans and their pre Milk and milk products		Tree nuts an Sulphites in o	
Food Allergen	Cereals containing gluten					Peanuts, soybeans and their pro Milk and milk products Cooking Method/ Remarks			
Food Allergen	Cereals containing gluten Crustacean and crustacean products					Milk and milk products			
Food Allergen	Cereals containing gluten Crustacean and crustacean products					Milk and milk products			
Food Allergen	Cereals containing gluten Crustacean and crustacean products			products		Milk and milk products			
Food Allergen	Cereals containing gluten Crustacean and crustacean products Beancurd Skin (Non-Fried) Ingredients	Combined	Component s Weight (g)	Weight of Prepration	Weight of One Serving (g)	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database		Energy Per 100g (kcal)	Protein Per
Food Allergene Side 2	Cereals containing gluten Crustacean and crustacean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin	Combined Component	Components Weight (g) 48.3	Weight of Prepration	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks	Data	Sulphites in o	Protein Per
Food Allergene Side 2	Cereals containing gluten Crustacean and crustacean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of	Combined	Components Weight (g) 48.3 48.3	Weight of Prepration (g) 48.3	Weight of One Serving (g)	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd	Data Source MFP	Energy Per 100g (kcal)	Protein Per 100g (g)
Food Allergene Side 2 No. 1	Cereals containing gluten Crustacean and crustacean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin	Combined Component Season	Components Weight (g) 48.3	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database	Data Source MFP	Energy Per 100g (kcal)	Protein Per 100g (g) 17
Food Allergens No. 1 Food Allergens	Ceresis containing gluten Crustacean and routscean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of Ceresis containing gluten Crustacean and crustacean products	Combined Component Season	Component s Weight (g) 48.3 48.3 Eggs and eg	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd Peanuts, soybeans and their pri Milk and milk products	Data Source MFP	Energy Per 100g (kcal) 160 Tree nuts an	Protein Per 100g (g) 17
Food Allergens No. 1 Food Allergens	Cereals containing sluten Crustacean and crustacean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of Cereals containing sluten	Combined Component Season	Component s Weight (g) 48.3 48.3 Eggs and eg	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd Peanuts, soybeans and their pri	Data Source MFP	Energy Per 100g (kcal) 160 Tree nuts an	Protein Per 100g (g) 17
Food Allergens No. 1 Food Allergens	Ceresis containing gluten Crustacean and routscean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of Ceresis containing gluten Crustacean and crustacean products	Combined Component Season	Component s Weight (g) 48.3 48.3 Eggs and eg	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd Peanuts, soybeans and their pri Milk and milk products	Data Source MFP	Energy Per 100g (kcal) 160 Tree nuts an	Protein Per 100g (g) 17
Food Allergens No. 1 Food Allergens	Ceresis containing gluten Crustacean and routscean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of Ceresis containing gluten Crustacean and crustacean products	Combined Component 5 Bearing One Portion	Component s Weight (g) 48.3 48.3 Eggs and eg	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd Peanuts, soybeans and their pri Milk and milk products	Data Source MFP	Energy Per 100g (kcal) 160 Tree nuts an	Protein Per 100g (g) 17
Food Allergens No. 1 Food Allergens	Ceresis containing gluten Crustacean and routscean products Beancurd Skin (Non-Fried) Ingredients Beancurd Skin Weight of Ceresis containing gluten Crustacean and crustacean products	Combined Component Season	Component s Weight (g) 48.3 48.3 Eggs and eg	Weight of Prepration (g) 48.3	Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin - bean curd Peanuts, soybeans and their pri Milk and milk products	Data Source MFP	Energy Per 100g (kcal) 160 Tree nuts an	Protein Per 100g (g) 17 d nut product concentrates o
Proof Allergens Side 2 No. 1 Food Allergens Side 3	Coreals containing gluten Containers and containers products Beaccust Stan (Neo Fried) Beaccust Stan Beaccus	Combined Component Desirculu One Portion Combined	Components S Weight (g) 48.3 48.3 Eggs and eg Fish and fish	Weight of Prepation (g) 48.3 products products	Weight of One Serving (g) 48.3 48.3 Weight of One Serving (g) 48.3	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database been curd Skin- bean curd Penants, sopbeans and their pr Milk and milk products Cooking Method/ Remarks Ingredient Names in Database	Data Source MFP X	Energy Per 100g (kral) 160 Tree nuts an Sulphites in c	Protein Per 100g (g) 17 d nut product concentrates
Proof Allergens Side 2 No. 1 Food Allergens Side 3	Coreals containing gluten Constance and containing gluten Gruntscens and containing size of the second Skim Dison Fried) Ingredients Bearcoard Skim Dison Fried) Bearcoard Skim Weight of Greats Containing gluten Constances and constances products Black Fungus Ingredients Black Fungus Black F	Combined Component Dearkuru One Portion Combined Component	Component s Weight (g) 48.3 48.3 Eggs and eg Fish and fish Component s Weight (g) 88.4	Weight of Prepration g products products weight of Prepration Weight of Prepration	Weight of One Serving (g) 48.3 48.3 Weight of One Serving (g) 88.4	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database been curd Skin- bean curd Penants, sopbeans and their pr Milk and milk products Cooking Method/ Remarks Ingredient Names in Database	Data Source MFP X	Energy Per 100g (kcal) 160 Tree nuts an Sulphites in o	Protein Per 100g (g) 17 d nut product concentrates
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2 Food Allergens Side 2 No. 1 Food Allergens Side 3 No. 1 Food Allergens No. 1 Food Allergens	Cereals containing gluter Constances and containing gluter Constances and containing gluter Constances and containing gluter Containing gluter Constances and containing gluter Containing gluter	Combined Component Done Portion Combined Component S One Portion Combined Component Co	Component s Weight (g) 48.3 48.3 48.3 48.3 56gs and eg Fish and fish s Weight (g) 88.4 56gs and eg Fish and fish 58.4 58.4 58.4 58.4 58.4 58.4 58.4 58.4	Weight of Prepration (g) 48.3 g products Weight of Prepration (g) 48.3 g products products Weight of Prepration (g) 88.4 g products Weight of Prepration (g) 69.7 g products	Weight of One Serving (g) 48.3 48.3 48.3 Weight of One Serving (g) 88.4 88.4 Weight of One Serving (g) 68.4 88.4 88.4 Weight of One Serving (g) 68.4 88.4 88.4 88.4 88.4 88.4 88.4 88.4	MAIR and milk products Cooking Method/ Remarks Incodern Names in Database Stein could skin - bean could Peanats, sopheans and their pro Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Peanats, sorbeans and their pri Maik and milk products Cooking Method/ Remarks Cooking Method/ Remarks Cooking Method/ Remarks	Data Source MFP X Data Source HPB soducts	Energy Per 100g (kcal) Tree nuts an Sulphites in of Energy Per 100g (kcal) Tree nuts an Sulphites in of Energy Per 100g (kcal) Energy Per 100g (kcal)	Protein Per 100g (g) 17 d nut product concentrates 100g (g) 1.5 d nut product concentrates 100g (g) 1.5
2 Food Allergens Side 2 No. 1 Food Allergens Side 3 No. 1 Food Allergens Side 4	Coreals containing dates Interacted Main Dison Fried) Interacted Main Dison Fried) Interacted Main Dison Fried) Interacted Main Dison Fried) Interacted Main Dison Fried Interacted Main Dison Fried Interacted Main Main Main Main Main Main Main Main	Combined Component Dearkcur One Portion Combined Component Dearkcur Component Component Dearkcur Component	Components S Weight (g) 48.3 Eggs and eg Fish and fish Components S Weight (s) 88.4 Eggs and eg Fish and fish	Weight of Prepration (g) 48.3 g products Weight of Prepration (g) 48.3 g products Prepration (g) 88.4 g products Weight of Prepration (g) 88.4 g products	Weight of One Serving (g) 48.3 48.3 48.3 Weight of One Serving (g) 88.4 88.4 Weight of One Serving (g) 68.4 88.4 88.4 Weight of One Serving (g) 68.4 88.4 88.4 88.4 88.4 88.4 88.4 88.4	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database been courd skin- bean courl Peanuts, soyleans and their pr Remarks, soyleans and their pr Cooking Method/ Remarks Lingredient Names in Database White Fungus, scaled Peanuts, soyleans and their pr Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks	Data Source MFP X Data Source HPB oducts	Energy Per 100g (kral) 160 Tree nuts an Sulphites in o	Protein Per 100g (g) 17 d nut product concentrates : Protein Per 100g (g) 10 g Protein Per 100g (g) Protein Per 100g (g) Protein Per
2 Food Allergene Side 2 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 4 No. 1 Food Allergene	Coreals containing glaten Constances and or outscens products learnound Stein Dison Fried) Bearcound Stein Dison Fried Bearcound Stein Dison Fried Bearcound Stein Dison Fried Coreals containing glaten Coreals containing glaten Countaining	Combined Component Desirection One Portion Combined Component South	Component s Weight (g) 48.3 48.3 Eggs and eg Fish and fish Component s Weight (g) 88.4 88.4 Eggs and eg Fish and fish	Weight of Prepration (g) 48.3 g products products products products weight of Prepration (g) 88.4 g products products weight of Prepration (g) 48.3 g products products products weight of Prepration (g) 35.1	Weight of One Serving (g) 48.3 48.3 Weight of One Serving (g) 88.4 Weight of One Serving (g) 38.4 Serving (g) 35.1	MAIR and milk products Cooking Method/ Remarks Incodern Names in Database Stein could skin - bean could Peanats, sopheans and their pro Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Peanats, sorbeans and their pri Maik and milk products Cooking Method/ Remarks Cooking Method/ Remarks Cooking Method/ Remarks	Data Source MFP X Data Source HPB ducts Data Source USDA	Energy Per 100g (kcal) Tree nuts an Sulphites in of Energy Per 100g (kcal) Tree nuts an Sulphites in of Energy Per 100g (kcal) Energy Per 100g (kcal)	Protein Per 100g (g) 17 d nut product concentrates - 100g (g) 1.5 d nut product concentrates - 100g (g) 2.66
2 Food Allergene Side 2 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 4 No. 1 Food Allergene	Coreals containing gluten Linguidents Bearcard Sin Diso Fried) Bearcard Sin Diso Fried) Bearcard Sin Diso Fried) Bearcard Sin Diso Fried Black Fungs Black	Combined Component Description Combined Component Some Combined Component Co	Components s Weight (g) 48-3 48-3 48-3 Eggs and eg Fish and fish Components s Weight (g) 88-4 Eggs and eg Fish and fish Components s Weight (g) 35-1 35-1 35-1	Weight of Prepration (g) 48.3 g products products [g] 88.4 g products products [g] Weight of Prepration (g) 88.4 g products products [g] 35.1 g products g products products [g] 35.1 g products g products g products [g] 35.1 g products g products g products [g] 35.1 g products g product	Weight of One Serving (g) 48.3 48.3 Weight of One Serving (g) 88.4 88.4 Weight of One Serving (g) 35.1	Mills and mills products Cooking Method/ Remarks Inscredient Names in Database beint out skin: bean out Peanuts, sopkens and their pro Mills and mills products Cooking Method/ Remarks Inscredient Names in Database Wichief Integras, soaked Peanuts, sopkens and their pro Mills and mills products Cooking Method/ Remarks Cooking Method/ Remarks Inscredient Names in Database Multinooms, enoki, raw	Data Source MFP X Data Source HPB Soducts Data Source USDA	Energy Per 100g (kcal) 160 Tree nuts an Sulphites in o Energy Per 100g (kcal) 21 Tree nuts an Sulphites in o	Protein Per 100g (g) 1:5 d nut product concentrates : 1:5 d nut pr
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2 Food Allergene Side 2 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 4 No. 1 Food Allergene	Coreals containing gluter Depreciation Impredients Beancourd Sinn (Non-Fried) Beancourd Sinn (Non-Fried) Beancourd Sinn (Non-Fried) Beancourd Sinn (Weight of Coreals containing gluter Coreals containing gluter Countaining gluter Groß Mushroom Briggedents Groß Mushroom Briggedents Groß Mushroom Countaining gluter Countaining glute	Combined Component Description Combined Component Some Combined Component Co	Component s Weight (g) 48.3 48.3 Eggs and egg Fish and fish Component s Weight (g) 88.4 88.4 Eggs and egg Fish and fish Component s Weight (g) 35.1 35.1 Eggs and egg	Weight of Prepration (g) 48.3 g products products [g] 88.4 g products products [g] Weight of Prepration (g) 88.4 g products products [g] 35.1 g products g products products [g] 35.1 g products g products g products [g] 35.1 g products g products g products [g] 35.1 g products g product	Weight of One Serving (g) 48.3 48.3 Weight of One Serving (g) 88.4 88.4 Weight of One Serving (g) 35.1	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database bean curd skin: bean curd Peanuts, sorbeans and their pri Milk and milk products Cooking Method/ Remarks Ingredient Names in Database White Fugus, soaked Peanuts, sorbeans and their pri Milk and milk products Cooking Method/ Remarks Locking Method/ Remarks	Data Source MFP X Data Source HPB Soducts Data Source USDA	Energy Per 100g (kcal) 160 Tree nuts an Sulphites in o Energy Per 100g (kcal) 21 Energy Per 100g (kcal) 37 Tree nuts an	Protein Per 100g (g) 1:5 d nut product concentrates : 1:5 d nut pr
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2 Food Allergene Side 2 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 4 No. 1 Food Allergene Side 5 Side 5	Coreals containing gluten Constance and or containing gluten Lingue Gents Beancourd Stain Dison Fried) Beancourd Stain Dison Fried Coreals containing gluten Co	Combined Component Service Combined Component Combined Component Comp	Fish and fish Component 1 s Weisht [a] 48.3 48.3 Component 1 s Weisht [a] S8.4 Eggs and eg Fish and fish Component Component S Weisht [a] S5.1 S5.1 S6.7 Component Component Component Component Component	Weight of Preparation products Weight of Preparation field 43.3 Weight of Preparation field 88.4 Weight of Preparation field 88.4 Weight of Preparation field 83.5 Weight of Preparation field 97.5 Weight o	Weight of One Serving (gl 48.3 48.3 Weight of One Serving (sl 58.4 88.4 Weight of One	Malit and milk products Cooking Method/ Remarks Incodern Names in Database Stein curid skin - bean curid Peanats, sopheans and their pri Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Peanats, sopheans and their pri Malit and milk products Cooking Method/ Remarks Ingredient Names in Database Multinoom, enois, raw Feanats, topheans and their pri Remarks and milk products Cooking Method/ Remarks	Data Source MFP X Data Source HPB Data Source USDA Data Data	Energy Per 100g (keal) 100 Energy Per 100g (keal) 21 Tree nuts an Energy Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Energy Per 100g (Protein Per 100x (g) 1 17 Protein Per 100x (g) 1 17 Protein Per 100x (g) 1 15 Protein Per 1100x (g) 1 15 Protein Per 1100x (g) 1 100x (g) 1 100
2 Food Allergene Side 2 No. 1 The state Side 3 No. 1 The state Side 4 The state Side 4 The state Side 5 T	Coreals containing dates Ingeredients Beaccust Stin (Non-Fried) Ingeredients Beaccust Stin (Non-Fried) Ingeredients Beaccust Stin (Non-Fried) Black Funges Black Funges Black Funges, Non- Cereals containing dates Ingeredients	Combined Component Combined Combined Combined	Component s Weight (g) 48.3 48.3 Eggs and egg Fish and fish Component s Weight (g) 88.4 88.4 Eggs and egg Fish and fish Component s Weight (g) 35.1 35.1 Eggs and egg	Weight of Preparation of the Pre	Weight of One Serving (2) Weight of One Serving (2) Weight of One Serving (3) 351. Weight of One Serving (4) 351.	Malit and milk products Cooking Method/ Remarks Ingredient Names in Database been courd skin- been courd Peanuts, sopheans and their products Cooking Method/ Remarks Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Multi- Market Service of the Cooking Method Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Multi- Market Service Cooking Method/ Remarks	Data Source MFP X Data Dota Source USDA	Energy Per 100g (Real) 150 Sulphtes in 1 Tee nuts an 1 Sulphtes in 1 Sul	Protein Per 100s (a) 17 Protein Per 100s (a) 17 Protein Per 100s (a) 15 Protein Per 100s (a) 1.5 Protein Per 100s (a) 1.5 Protein Per 100s (a) 2.66
2 Food Allergene Side 2 No. 1 The state Side 3 No. 1 The state Side 4 The state Side 4 The state Side 5 T	Coreals containing gluten Constance and or containing gluten Lingue Gents Beancourd Stain Dison Fried) Beancourd Stain Dison Fried Coreals containing gluten Co	Combined Component orenizor One Portion Combined Component usex One Portion Combined Component usex One Portion Combined Component usex One Portion	Component s Weight (g 48.3 Fish and fish Component s Weight (g 48.3 S8.4 S8.4 S8.4 S8.4 S8.4 S8.4 S8.4 S8.4	Weight of Preparation products Weight of Preparation field 43.3 Weight of Preparation field 88.4 Weight of Preparation field 88.4 Weight of Preparation field 83.5 Weight of Preparation field 97.5 Weight o	Weight of One Serving (2) Weight of One Serving (2) Weight of One Serving (3) 351. Weight of One Serving (4) 351.	Malit and milk products Cooking Method/ Remarks Incodern Names in Database Stein curid skin - bean curid Peanats, sopheans and their pri Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Peanats, sopheans and their pri Malit and milk products Cooking Method/ Remarks Ingredient Names in Database Multinoom, enois, raw Feanats, topheans and their pri Remarks and milk products Cooking Method/ Remarks	Data Source MFP X Data Source USDA Data Source USDA Data Source USDA	Energy Per 100g (keal) 100 Energy Per 100g (keal) 21 Tree nuts an Energy Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Sulphtee in Company Per 100g (keal) 21 Tree nuts an Energy Per 100g (Protein Per 100x (g) 1 17 Protein Per 100x (g) 1 17 Protein Per 100x (g) 1 15 Protein Per 1100x (g) 1 15 Protein Per 1100x (g) 1 100x (g) 1 100
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2 2 Aftergene Side 2 No. 1 Food Allergene Side 3 No. 1 1 Food Allergene Side 5 No. 1 1 Food Allergene Side 5 No. 1 1 Food Allergene Side 6 No. 1 1 Food Allergene Side 6 No. 1 1 Food Allergene Side 6 No. 1 Side 7 No. 1 Food Allergene Side 8 No. 1 Food Allergene Side 7 No. 1 Food Allergene Side 8 No. 1 Food Allergene Side 8 No. 1 Food Allergene Side 8	Coreals containing gluten Lingardients Black Funges Lingardients Black Funges Lingardients Black Funges Lingardients Black Funges Lingardients Lin	Combined Component was a combined Component	Components of the components o	weight of Prepation Weight of Prepation Weight of Prepation Weight of Prepation Bit Weight of Prepation Weight of Prepation Weight of Prepation Weight of Prepation Bit Bit Bit Bit Bit Bit Bit Bi	Weight of One	Malit and milk products Cooking Method/ Remarks Ingredient Names in Database bean cord skin: bean cord Peanuts, sopheans and their pr Remarks, sopheans and their pr Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Sevenced, walkarm, raw Peanuts, sopheans and their pr Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Sevenced, walkarm, raw Peanuts, sopheans and their pr Milk and milk products Cooking Method/ Remarks Lingredient Names in Database South Took to the sopheans and their pr Pannats, sorbeans and their pr And the sorbeans and their pr Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Fannats, sorbeans and their pr And the sorbeans and their pr Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Li	Data Source 1998 Data Source 1998 Data Source 1998 Data Source 1998 Data Source 1950A Data Data Data Data Data Data Data Dat	Energy Per 100g (Real) 100g (R	Protein Per 1300 (gl) 15 Protein Per 1300 (gl) 15 Protein Per 1300 (gl) 16 Protein Per 1300 (gl) 18 Protein Per 1300 (gl)
2 Food No. 1 Food Allergen Side 3 No. 1 Food Allergen Side 4 No. 1 Food Allergen Side 5 No. 1 Food Allergen Side 6 No. 1 No. 1 Food Allergen Side 7 No. 1 No. 1 Food Allergen Side 5	Coreals containing gluten Linger dients Beaccust Stin (Non-Fried) Black Funges Black Funges Weight of Cereals containing gluten Containing gluten Containing stin (Non-Fried) Ingeredients Black Funges Linger Stin (Non-Fried) Linger Stin (Non-Fried) Linger Stin (Non-Fried) Weight of Cereals containing gluten Contain containing glut	Combined Component was a combined Combi	Components of the second of th	weight of Prepration	Weight of One Serving (d)	Malit and milk products Cooking Method/ Remarks Ingreedient Names in Database bean cord sinn - bean cord Peanats, sopheran and their pr Milk and milk products Cooking Method/ Remarks Ingreedient Names in Database White Tungus, souked Peanats, sopheran and their pr And and milk products Cooking Method/ Remarks Lincredient Names in Database Modification, erock, row Peanats, sopheran and their pr Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks Solveneed, wakarine, row Peanats, sopheran and their pr Milk and milk products Cooking Method/ Remarks Lincredient Names in Database Solveneed, wakarine, row Peanats, sopheran and their pr Milk and milk products Cooking Method/ Remarks Lincredient Names in Database John Solveneed, wakarine, row Peanats, sopheran and their pr Milk and milk products Cooking Method/ Remarks Lincredient Names in Database John Solveneed, wakarine, row Lincredient Names in Database John Solveneed, wakarine,	Data Source 1950 Data Data Source 1950 Data Data Source 1950 Data Data Data Data Data Data Data Dat	Supphese in ci- Supphese in ci	Protein Per 1300 (d) 15 Protei
2 Food Allergene Side 3 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 3 No. 1 Food Allergene Side 5 No. 1 Food Side 6 No. 1 Food Side 6 No. 1 Food Side 6 No. 1 Food Side 7 No. 1 Food Side 8 Food S	Coreals containing glaten Contained and the containing glaten Contained and containing glaten Contained and containing glaten Contained and containing glaten Containing glate	Combined Component was a combined Component	Components Components Components Components Components Components Solution So	weight of Prepration of B4 S4	Weight of One (48.3)	Malit and milk products Cooking Method/ Remarks Inscredient Names in Database beton cord skin: beton cord Peanuts, sopkens and they pro Milk and milk products Cooking Method/ Remarks Inscredient Names in Database White Fungues, sopkens and they pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoke, raw Peanuts, sopkens and their pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoke, raw Peanuts, sopkens and their pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Seaweed, wahasen, raw Peanuts, sopkens and their pro Valle and milk products Cooking Method/ Remarks Lotus roo, Cooking Method/ Remarks Lotus rooking Method/ Remarks	Data Source Data Source USDA	Suphres in charge Fee 100e (tead) 150 150 150 150 150 150 150 150 150 150	Protein Per 1100 (gl) 12 Protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.76 protein P
2 Food Allergene Side 3 No. 1 Food Allergene Side 5 No. 1 Food Allergene Side 5 No. 1 Food Allergene Side 6 No. 1 Food Allergene Side 8 No. 1 Food Allergene Side 8	Coreals containing gluten Coreals containing gl	Combined Component was a combined Component	Components of the second of th	weight of Prepration of B4 S4	Weight of One Serving (a)	Malit and milk products Cooking Method/ Remarks Inscredient Names in Database bean ourd skin: bean ourd Peanuts, sopkens and they products Cooking Method/ Remarks Inscredient Names in Database Milk and milk products Cooking Method/ Remarks Inscredient Names in Database Milk and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoki, rave Peanuts, sopkens and their pro Milk and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoki, rave Peanuts, sopkens and their pro Milk and milk products Cooking Method/ Remarks Inscredient Names in Database Seweeth waters Seweeth Walland Peanuts, sopkens and their pro Milk and milk products Cooking Method/ Remarks Lotus root, boiled, drained Inscredient Names in Database Lotus root, boiled, drained Lotus root, boiled, drained	Data Source Fire Fire Fire Fire Fire Fire Fire Fir	Supphese in ci- Supphese in ci	Protein Per 1100 (gl) 12 Protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.76 protein P
2 2 No. 1 Food Allergen Side 5 No. 1 Food Allergen Side 6 No. 1 Food Allergen Side 7 Food Allergen Side 7 Food Allergen Side 8 Food Allergen	Coreals containing glaten Contained and the containing glaten Contained and containing glaten Contained and containing glaten Contained and containing glaten Containing glate	Combined Component was a combined Component	Components Components Components Components Components Components Solution So	weight of Prepration of B4 S4	Weight of One Serving (a)	Malit and milk products Cooking Method/ Remarks Inscredient Names in Database beton cord skin: beton cord Peanuts, sopkens and they pro Milk and milk products Cooking Method/ Remarks Inscredient Names in Database White Fungues, sopkens and they pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoke, raw Peanuts, sopkens and their pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Mushroome, enoke, raw Peanuts, sopkens and their pro Malit and milk products Cooking Method/ Remarks Inscredient Names in Database Seaweed, wahasen, raw Peanuts, sopkens and their pro Valle and milk products Cooking Method/ Remarks Lotus roo, Cooking Method/ Remarks Lotus rooking Method/ Remarks	Data Source Fire Fire Fire Fire Fire Fire Fire Fir	Suphres in charge Fee 100e (tead) 150 150 150 150 150 150 150 150 150 150	Protein Per 1100 (gl) 12 Protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 2.66 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 1.58 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.6 do not product on convenirates 1.76 protein Per 1100 (gl) 2.76 protein P

																			Saturated	Dietary	Carbohyrat		Sodium
No.	Ingredients	Combined Component S Deep Fried	Component s Weight (g)	Weight of Prepration (g)		Ingredient Names in Database	Data Source	Energy Per 100g (kcal) 568.42	100g (g)	Total Fat Per 100g (g) 47.1	Fat Per 100g (g)	Fibre Per 100g (g)		100g (g)	Sodium Per 100g (mg)	Energy Per 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)	Per Recipe Portion (mg)
2 5		Peanut One Portion	34.5 34.5	30.0 4.5	30.0 4.5 34.5	Peanut, raw, with skin Oil, sunflower	HPB HPB	568.42 885.17	0	100	7.1	8.2 0	0	5.1 0 Nutrients of C	0 One Portion	170.5 39.8 210	7.4 0.0 7.4	14.1 4.5 18.6	2.1 0.5 2.6	2.5 0.0 2.5	2.7 0.0 2.7	1.5 0.0 1.5	0.3 0.0
	Cereals containing gluten Crustacean and crustacean products		Eggs and eg Fish and fish			Peanuts, soybeans and their pro Milk and milk products	х	Sulphites in	concentrates			> 25g of Sugar	r Per Serving										
Side 10 V	White Radish					Cooking Method/ Remarks							Ī	I									
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	r Total Fat	Saturated Fat Per	Fibre Per			Sodium Per	Energy Per 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. 1 V	Ingredients White Radish, Boiled Weight of	S IIIICK One Portion	90.0 90.0		90.0 90.0	Ingredient Names in Database Radish, chinese, raw	Source HPB	100g (kcal) 13	100g (g) 0.7	Per 100g (g) 0.1	100g (g) 0.03	100g (g) 0.9	2.4	2.4 Nutrients of C	52	Portion (Kcal) 11.7 12	0.6 0.6	0.1 0.1	0.0 0.0	0.8 0.8	2.2 2.2	2.2 2.2	(mg) 46.8 47
Food C	Cereals containing gluten Crustacean and crustacean products		Eggs and eg Fish and fish		30.0	Peanuts, soybeans and their pro Milk and milk products	oducts	Tree nuts an Sulphites in	nd nut produc concentrates	t .		> 25g of Sugar			ALC TOTALON	**	0.0	0.1	0.0	0.0			, ,,
Side 11	Bermuda Triangle Tofu (Taupok)					Cooking Method/ Remarks																	
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per 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 Taupok	s Weight (g) 40.5		Serving (g) 40.5	Ingredient Names in Database Tofu	Source	100g (kcal) 81.023	100g (g)	Per 100g (g) 3.7			(g) 3.8	100g (g) 1.6	100g (mg) 7.2	Portion (Kcal) 32.8	Portion (g) 3.3	Portion (g) 1.5	Portion (g) 0.2	Portion (g) 0.2	Portion (g) 1.5	Portion (g) 0.6	(mg) 2.9
	Weight of Cereals containing gluten Crustacean and crustacean products	One Portion	40.5 Eggs and eg Fish and fish		40.5	Peanuts, soybeans and their pro Milk and milk products	x	Tree nuts an	nd nut produc			> 25g of Sugar		Nutrients of C	One Portion	33	3.3	1.5	0.2	0.2	1.5	0.6	3
	Cheese Tofu					Cooking Method/ Remarks								-									
		Combined		Weight of	Weight of						Saturated		Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Cheese Tofu	Component \$ Cheese Tofu	s Weight (g) 59.1	Prepration (g) 59.1		Ingredient Names in Database Cheese tofu, uncooked	Data Source HPB	Energy Per 100g (kcal) 207	100g (g)	Per 100g (g) 15.4	Fat Per 100g (g) 6.17	100g (g)	(g) 6.3	Sugar Per 1 100g (g) 3.5		Recipe Portion (Kcal) 122.3	Recipe Portion (g) 6.4	Per Recipe Portion (g) 9.1	Recipe Portion (g) 3.6	Recipe Portion (g) 0.7	Recipe Portion (g) 3.7	Recipe Portion (g) 2.1	Portion (mg) 485.8
Food (Weight of Cereals containing gluten	One Portion	59.1 Eggs and eg	g products	59.1	Peanuts, soybeans and their pro	Х	Tree nuts an	nd nut produc	t		> 25g of Sugar		Nutrients of C		122	6.4	9.1	3.6	0.7	3.7	2.1	486
	Crustacean and crustacean products Chicken Hotdog		Fish and fish	n products		Milk and milk products Cooking Method/ Remarks	Х	Sulphites in	concentrates	4				-									
		Combined		Weight of	Weight of						Saturated	Dietary (Carbohydra			Energy Per	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	One	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)		Total Fat Per 100g (g)	Fat Per 100g (g)		te Per 100g (g)	Sugar Per 100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal)	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (mg)
1 (Chicken Frank Weight of	Chicken Frank One Portion	42.1 42.1	42.1	42.1 42.1	Chicken franks, steamed	HPB	225	13	16.7	4.62	1.3	5.8	2 Nutrients of C	1069	94.7 95	5.5 5.5	7.0 7.0	1.9	0.5	2.4	0.8	450.0 450
	Cereals containing gluten Crustacean and crustacean products		Eggs and eg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts an Sulphites in				> 25g of Sugar			2.3011								
Side 14	Chickuwa					Cooking Method/ Remarks																	
		Combined Component	Comnone	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per 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.	Ingredients Chickuwa	s Japanese	s Weight (g)	(g)	Serving (g)	Ingredient Names in Database Chikuwa - Chikuwa	Source	100g (kcal)	100g (g)	Per 100g (g)	100g (g)	100g (g)	(g)	100g (g)	100g (mg)	Portion (Kcal)	Portion (g)	(mg)					
Food (Weight of Cereals containing gluten	Fish Cake One Portion	46.2 46.2 Eggs and eg	46.2 g products	46.2 46.2 X	Peanuts, soybeans and their pre		91 Tree nuts an	12 nd nut produc	1 t	0	> 25g of Sugar		0 Nutrients of C	816 One Portion	42.0 42	5.5 5.5	0.5	0.0	0.0	3.2	0.0	377.0 377
Allergens	Crustacean and crustacean products		Fish and fish	products	Х	Milk and milk products		Sulphites in	concentrates	4		on augar	- 2-418										
Side 15	Crab Ball					Cooking Method/ Remarks													Saturated	Dietary	Carbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per		Total Fat	Saturated Fat Per	Fibre Per	Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Per Recipe Portion
	Ingredients Crab Ball Weight of	Crab Ball One Portion	45.3	45.3	45.3 45.3	Ingredient Names in Database Fried crab ball	Source HPB		12.8		100g (g) 1.42	100g (g) 2	12.8	3.3 Nutrients of C	999	Portion (Kcal) 64.3 64	5.8 5.8	2.0 2.0	0.6 0.6	0.9 0.9	5.8 5.8	1.5 1.5	(mg) 452.5 453
	Cereals containing gluten Crustacean and crustacean products		Eggs and eg Fish and fish		X	Peanuts, soybeans and their pro Milk and milk products		Tree nuts an Sulphites in		t		> 25g of Sugar	r Per Serving										
Side 16	Crab Claw					Cooking Method/ Remarks																	
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per 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 Crab Claw	s Weight (g) 46.4		Serving (g) 46.4	Ingredient Names in Database Crispy crab claws		100g (kcal)		Per 100g (g) 9.2		100g (g)		100g (g)		Portion (Kcal) 100.2	Portion (g) 3.8	Portion (g) 4.3	Portion (g)	Portion (g) 0.0	Portion (g) 11.6	Portion (g) 1.9	(mg) 382.8
	Weight of																						
Food (Cereals containing gluten	One Portion	Eggs and eg	g products products	46.4 X X	Peanuts, soybeans and their pro Milk and milk products	х	Tree nuts an	nd nut produc	t		> 25g of Sugar		Nutrients of C		100	3.8	4.3	2.0	0.0	11.6	1.9	383
Food C Allergens C	Cereals containing gluten Crustacean and crustacean products		46.4 Eggs and eg Fish and fish	g products n products	X	Peanuts, soybeans and their pro Milk and milk products Cooking Method/ Remarks	х	Tree nuts an Sulphites in	nd nut produc concentrates	t d						100	3.8				11.6	1.9	383
Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and eg	g products n products Weight of	X	Milk and milk products		Tree nuts an Sulphites in	concentrates		Saturated	> 25g of Sugar	r Per Serving	Nutrients of C	One Portion	Energy Per	Protein Per	4.3 Total Fat	2.0 Saturated Fat Per	0.0 Dietary Fibre Per	Carbohyrat e Per	1.9 Sugar Per	Sodium Per Recipe
Side 17 (Cereals containing gluten Crustacean and crustacean products Crabstick Ingredients	Combined Component	Eggs and eg Fish and fish Component s Weight (g)	Weight of Prepration	X X Weight of One Serving (g)	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database	Data Source	Tree nuts an Sulphites in Energy Per 100g (kcal)	Protein Per	Total Fat		> 25g of Sugar	r Per Serving Carbohydra te Per 100g	Nutrients of C	Sodium Per	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g)	Carbohyrat e Per Recipe Portion (g)	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg)
Side 17 0	Cereals containing gluten Cereals containing gluten Cereals containing gluten Weight of Cereals containing gluten	Combined Component S Crabstick One Portion	Eggs and eg Fish and fish Component s Weight (g) 30.6 30.6 Eggs and eg	Weight of Prepration (g) 30.6	Weight of One Serving (g) 30.6 30.6	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Stick Peanuts, soybeans and their pr	Data Source MFP	Energy Per 100g (kcal) 35	Protein Per 100g (g) 4	Total Fat Per 100g (g)	Saturated Fat Per	> 25g of Sugar	Carbohydra te Per 100g (g)	Nutrients of C	Sodium Per 100g (mg)	Energy Per Recipe	Protein Per Recipe	4.3 Total Fat Per Recipe	Saturated Fat Per Recipe	0.0 Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
Side 17 0	Creals containing gluten Crabstick Ingredients Crabstick Weight of Creals containing gluten Crustacean and crustacean products Crategory Creans containing gluten Crustacean and crustacean products	Combined Component S Crabstick One Portion	Eggs and eg Fish and fish Component s Weight (g) 30.6 30.6	Weight of Prepration (g) 30.6	Weight of One Serving (g) 30.6 30.6	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Stick Peanuts, soybeans and their pre Milk and milk products	Data Source MFP	Energy Per 100g (kcal) 35	Protein Per 100g (g) 4	Total Fat Per 100g (g)	Saturated Fat Per	Dietary Fibre Per 100g (g)	Carbohydra te Per 100g (g)	Sugar Per 100g (g)	Sodium Per 100g (mg)	Energy Per Recipe Portion (Kcal) 10.7	Protein Per Recipe Portion (g)	Total Fat Per Recipe Portion (g) 0.0	Saturated Fat Per Recipe Portion (g) 0.0	Dietary Fibre Per Recipe Portion (g)	Carbohyrat e Per Recipe Portion (g) 0.6	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg) 15.9
No. Food Allergens (Creals containing gluten Crabstick Ingredients Crabstick Weight of Creals containing gluten Crustacean and crustacean products Crategory Creans containing gluten Crustacean and crustacean products	Combined Component S Crabstick One Portion X	Eggs and eg Fish and fish Component s Weight (g) 30.6 30.6 Eggs and eg	Weight of Prepration (g) 30.6	Weight of One Serving (g) 30.6 X	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Stick Peanuts, soybeans and their pr	Data Source MFP	Energy Per 100g (kcal) 35	Protein Per 100g (g) 4	Total Fat Per 100g (g)	Saturated Fat Per 100g (g) 0	Dietary Fibre Per 100g (g) 0	Carbohydra te Per 100g (g)	Sugar Per 100g (g)	Sodium Per 100g (mg)	Energy Per Recipe Portion (Kcal) 10.7	Protein Per Recipe Portion (g) 1.2 1.2	Total Fat Per Recipe Portion (g) 0.0 0.0	Saturated Fat Per Recipe Portion (g) 0.0 0.0	Dietary Fibre Per Recipe Portion (g) 0.0 0.0	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 Carbohyrat	Sugar Per Recipe Portion (g) 0.0	Sodium Per Recipe Portion (mg) 15.9 16
No. Food Allergens (Creals containing gluten Crabstick Ingredients Crabstick Weight of Creals containing gluten Crustacean and crustacean products Crategory Creans containing gluten Crustacean and crustacean products	Combined Component S Crabstick One Portion	Eggs and eg Fish and fish Component s Weight (g) 30.6 30.6 Eggs and eg	Weight of t Prepration (g) 30.6 g products a products Weight of t Prepration (f) t Prepration (g) 10.6	Weight of One Serving (g) 30.6 30.6 X	Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Stid: Peanuts, sorbeans and their pr Remarks - Cooking Method/ Remarks Cooking Method/ Remarks Ingredient Names in Database	Data Source MFP X	Energy Per 100g (kcal) 35	Protein Per 100g (g) 4 ad nut produc concentrates	Total Fat Per 100g (g)	Saturated Fat Per 100g (g) 0	Dietary Fibre Per 1 100g (g) 0	r Per Serving Carbohydra te Per 100g (g) 2 Pr Per Serving Carbohydra te Per 100g te Per Serving	Sugar Per : 100x (g) 0	Sodium Per 100g (mg) 52 One Portion	Energy Per Recipe Portion (Kcal) 10.7	Protein Per Recipe Portion (g) 1.2 1.2 Protein Per Recipe	Total Fat Per Recipe Portion (g) 0.0	Saturated Fat Per Recipe Portion (g) 0.0	Dietary Fibre Per Recipe Portion (g) 0.0	Carbohyrat e Per Recipe Portion (g) 0.6 0.6	Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg) 15.9 16
Side 17 C No. 1 C Food C Allergens C Side 18 C	Create Containing gluten Create Containing gluten Create Containing gluten Lagradients Creates Containing gluten Lagradients Cuttlefish Lagradients Cuttlefish, Save	Combined Component Crabstick One Portion X Combined Component Component	Eggs and egg Fish and fish Component s Weight (g) 30.6 30.6 Eggs and eg Fish and fish Component s Weight (g) 27.0	Weight of t Prepration (g) 30.6 g products a products Weight of t Prepration (f) t Prepration (g) 10.6	Weight of One Serving (g) 30.6 30.6 X	Molit and milk products Cooking Method/ Remarks ingredient Names in Database Generic - Crab Stick Peanuts, sopheans and their or Milk and milk products Cooking Method/ Remarks	Data Source MFP X	Energy Per 100g (kcal) 35 Tree nuts an Sulphites in	Protein Per 100g (g) 4 ad nut produc concentrates	Total Fat Per 100g (g) 0	Saturated Fat Per 100g (g) 0	Dietary Fibre Per 1 100g (g) 0	Carbohydra te Per 100g (g) 2 Pr Per Serving Carbohydra te Per 100g (g) 0.00	Sugar Per 100x (g) Sugar Per 100x (g) Sugar Per 100x (g) Sugar Per 100x (g) 0	Sodium Per 100g (mg) 52 One Portion Sodium Per 100g (mg) 372	Energy Per Recipe Portion (Kcal) 10.7 11	Protein Per Recipe Portion (g) 1.2 1.2 Protein Per Recipe	Total Fat Per Recipe Portion (g) 0.0 0.0	Saturated Fat Per Recipe 0.0 0.0 Saturated Fat Per Fat Per Recipe	Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 Carbohyrat e Per Recipe	Sugar Per Recipe Portion (g) 0.0 0.0	Sodium Per Recipe Portion (mg) 15.9 16 Sodium Sodium Per Recipe Portion
No. 1 C Side 17 C No. 1 C Food C Allergens C No. 1 C	Create Containing gluten Create Containing gluten Create Containing gluten Lagradients Creates Containing gluten Lagradients Cuttlefish Lagradients Cuttlefish, Save	Combined Component Component Combined Component Combined Component Component Component Component Component Component Component	Eggs and eg Fish and fish Component s Weight (g) 30.6 30.6 Eggs and eg Fish and fish Component s Weight (g) 27.0	Weight of t Prepration (g) 30.6 g products weight of t Prepration (g) 27.0 g products	Weight of One Serving (g) 30.6 X X X Weight of One Serving (g) 27.0	Molit and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Sick Peanuts, sopheans and their or Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Molituksk, outlifeligh, mixed	Data Source MFP X Data Source USDA	Energy Per 100g (kcal) 35 Tree nuts an Sulphites in	Protein Per 100g (g) 4 ad nut produc concentrates Protein Per 100g (g) 16.24	Total Fat Per 100g (g) t Total Fat Per 100g (g)	Saturated Fat Per 100g (g) 0	Dietary Fibre Per 1 100g (g) 0	Carbohydra te Per Serving (g) 2 Pr Per Serving (g) Carbohydra te Per 100g (g) Carbohydra te Per 100g (g) 0.82	Sugar Per : 100x (g) 0	Sodium Per 100g (mg) 52 One Portion Sodium Per 100g (mg) 372	Energy Per Recipe Portion (Kcal) 10.7 11 Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g) 1.2 1.2 Protein Per Recipe Portion (g) 4.4	Total Fat Per Recipe Portion (g) 0.0 0.0 Total Fat Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g)	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 Carbohyrat e Per Recipe Portion (g) 0.2	Sugar Per Recipe Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg) 15.9 16 Sodium Per Recipe Portion (mg)
No. 1 C Side 18 C Side 18 C Allergens C Side 18 C	invents containing gluten Trabstick Ingredients Trabstick Ingredients Weight of Generals containing gluten Ingredients Ingredients Limited on the containing gluten Ingredients Limited on the containing gluten Limited on the containing gluten Weight of Limited on the containing gluten Weight of Limited on the containing gluten Weight of Limited on the containing gluten	Combined Component Component Combined Component Combined Component Component Component Component Component Component Component	Component s Weight (g) Gas and eg	Weight of t Prepration (g) 30.6 g products weight of t Prepration (g) 27.0 g products	Weight of One Serving (g) 30.6 X X X Weight of One Serving (g) 27.0	Molit and milk products Cooking Method/ Remarks Ingredient Names in Database Generic - Crab Stick Peanuts, sorbeans and their pr Molit and milk products Cooking Method/ Remarks Ingredient Names in Database Molituks, cuttlefolt, mixed species, just	Data Source MFP X Data Source USDA	Energy Per 100g (kcal) 35 Tree nuts an Energy Per 100g (kcal) 79	Protein Per 100g (g) 4 ad nut produc concentrates Protein Per 100g (g) 16.24	Total Fat Per 100g (g) t Total Fat Per 100g (g)	Saturated Fat Per 100g (g) 0	Dietary Dietary 100g (g) 0 >25g of Sugar Dietary Fibre Per 100g (g) 0 0	Carbohydra te Per Serving (g) 2 Pr Per Serving (g) Carbohydra te Per 100g (g) Carbohydra te Per 100g (g) 0.82	Sugar Per 100x (g) Sugar Per 100x (g) Sugar Per 100x (g) Sugar Per 100x (g) 0	Sodium Per 100g (mg) 52 One Portion Sodium Per 100g (mg) 372	Energy Per Recipe Portion (Kcal) 10.7 11 Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g) 1.2 1.2 Protein Per Recipe Portion (g) 4.4	Total Fat Per Recipe Portion (g) 0.0 0.0 Total Fat Total Fat Per Recipe Portion (g)	Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g) 0.0 0.0	Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 Carbohyrat e Per Recipe Portion (g) 0.2 0.2	Sugar Per Recipe Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g)	Sodium Per Recipe Portion (mg) 15.9 16 Sodium Per Recipe Portion (mg) 100.4
No. 1 C No. 1	ingredients Trabstick Ingredients Trabstick Ingredients Trabstick Weight of Lennis containing gluter Ingredients Trabstick Weight of Lennis containing gluter Ingredients Luttlefish Weight of Fingredients Cuttlefish, Raw Fingredients Cuttlefish, Raw Fingredients Cuttlefish, Raw Weight of Fingredients	Combined Component S Crabstick One Portion X Combined Component S Cuttlefish One Portion X Combined	Component s Weight (g) Gas and eg	Weight of t Prepration (g) 30.6 g products a products t Prepration (g) 27.0 g products products weight of t Prepration (g) 27.0 g products	Weight of One Serving (g) 30.6 X X X Weight of One Serving (g) 27.0	Molita and milk products Cooking Method/ Permarks Inocodient Names in Database Generic - Crab Stick Permarks, sophems and their products Cooking Method/ Remarks Incredient Names in Database Molitaks, cutterful published species, sophems and their products Molitaks, cutterful published species, sophems and their products tolds and milk products	Data Source MFP X Data Source USDA	Energy Per 100g (kcal) 25 Tree nuts an Sulphites in Tree nuts an Sulphites in	Protein Per 100g (g) 4 d nut produc concentrates Protein Per 100g (g) 16.24 d nut produc concentrates	Total Fat Per 100g (g) t Total Fat Per 100g (g)	Saturated Fat Per 100g (g) 0	> 25g of Sugar Dietary Fibre Per 100g (e) 0 > 25g of Sugar Dietary Fibre Per 1 100g (e) 0 > 25g of Sugar	r Per Serving Carbohydra te Per 100g (g) 2 Pr Per Serving Carbohydra te Per 100g (g) 0,82 0,82 0,82 0 0,82 Carbohydra te Per Serving	Sugar Per : 100g (g) 0 Nutrients of C	Sodium Per 100g (mg) 52 One Portion Sodium Per 100g (mg) 372	Energy Per Recipe Portion (Keal) 10.7 11 Energy Per Recipe Portion (Keal) 21.3 21	Protein Per Recipe Portion (g) 1.2 1.2 1.2 Protein Per Recipe Portion (g) 4.4 4.4	Total Fat Per Recipe Portion (g) 0.0 0.0 Total Fat Per Recipe Portion (g) 0.2 0.2 Total Fat	Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g)	Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g)	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 0.6 Carbohyrat e Per Recipe Portion (g) 0.2 0.2 Carbohyrat e Per	Sugar Per Recipe Portion (g) 0.0 0.0 0.0 Sugar Per Recipe Portion (g) 0.0	Sodium Per Recipe Portion (mg) 15.9 16 Sodium Per Recipe Portion (mg)
Side 17 C	ingredients Trabstick Ingredients Trabstick Ingredients Trabstick Weight of Lennis containing gluter Ingredients Trabstick Weight of Lennis containing gluter Ingredients Luttlefish Weight of Fingredients Cuttlefish, Raw Fingredients Cuttlefish, Raw Fingredients Cuttlefish, Raw Weight of Fingredients	Combined Component \$\frac{1}{2}\$ Crabstick One Portion \$\frac{1}{2}\$ Cuttlefish One Portion \$\frac{1}{2}\$ Cuttlefish Component \$\frac{1}{2}\$ Cuttlefish Comp	Components weight (g)	Weight of t Prepration (g) 27.0 g products	X X X Weight of One Serving (g) 30.6 30.6 X X Weight of One Serving (g) 27.0 27.0 Weight of One Serving (g)	Molita and milk products Cooking Method/ Permarks Inocodient Names in Database Generic - Crab Stick Permarks, sophems and their products Cooking Method/ Remarks Incredient Names in Database Molitaks, cutterful published species, sophems and their products Molitaks, cutterful published species, sophems and their products tolds and milk products	Data Source MFP X Data Source USDA	Energy Per 100g (kcal) 35 Tree nuts an Sulphites in Energy Per 100g (kcal) 79 Tree nuts an Sulphites in	Protein Per 100g (g) 4 ad nut produc concentrates 100g (g) 100g (g) Protein Per 100g (g) Protein Per 100g (g)	Total Fat Per 100g (g) Total Fat Per 100g (g) Total Fat Per 100g (g)	Saturated fat Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	> 25g of Sugar Dietary Fibre Per 100g (g) 0 25g of Sugar Dietary Fibre Per 100g (g) 0 25g of Sugar	Carbohydra te Per 100g (g) 2 N r Per Serving Carbohydra te Per 100g (g) 2 N r Per Serving Carbohydra te Per 100g (g) 0.82 N r Per Serving Carbohydra te Per 100g (g) 0.82 Carbohydra te Per 100g (g) 0.82 Carbohydra te Per Serving	Sugar Per 100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Nutrients of C	Sodium Per 100g (mg) 372 One Portion	Energy Per Recipe Portion (Keal) 10.7 11 11 Energy Per Recipe Portion (Keal) 21.3 21 Energy Per Recipe Portion (Keal) Portion (Keal) 21.3 21 Energy Per Recipe Portion (Keal) Portion (Keal) Portion (Keal) Portion (Keal)	Protein Per Recipe Portion [g] 1.2 1.2 1.2 Protein Per Recipe Portion [g] 4.4 4.4 Protein Per Recipe Portion [g]	Total Fat Per Recipe Portion (g) 0.0 0.0 Total Fat Per Recipe Portion (g) 0.2 0.2	Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g) 0.0 0.0	Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 Dietary Fibre Per Recipe Portion (g) Recipe Portion (g) Dietary Fibre Per Recipe Portion (g)	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 0.6 Carbohyrat e Per Recipe Portion (g) Carbohyrat e Per Recipe Portion (g)	Sugar Per Recipe Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g) 0.0	Sodium Per Recipe Portion (mgl 15-9 16 Sodium Per Recipe Portion (mgl) 100.4 100 Sodium Per Recipe Portion (mgl)
No. 1 C Side 17 C No. 1 C No.	Create containing gluten Treate containing gluten Ingredients Creatick Verjet of Creatick Weight of Creatic containing gluten Lingredients	Combined Component Some Portion X Combined Component Some Portion Description Some Portion Ball One Portion	Components Sweight (g)	Weight of Prepration [g] 30.6 g products Weight of Prepration [g] 30.6 g products products Weight of Prepration [g] 27.0 g products Weight of Prepration [g] 73.6 g products	X X X X Weight of One Serving (g) 30.6 30.6 X X X	Molita and milk products Cooking Method/ Remarks Inoccedient Names in Database Generic - Crab Stick Peanats, sophems and their per Milk and milk products Cooking Method/ Remarks Ingeredient Names in Database Molitaks, Cuttle Names in Database Molitaks, Cuttle Names in Database Molitaks, Cuttle Names in Database Lingredient Names in Database Cooking Method/ Remarks Lingredient Names in Database Cuttlefish ball, deep fried	Data Source MFP X Data Source USDA Data Source HPB	Energy Per 10g (kcal) 35 Tree nuts an Sulphites in Energy Per 10g (kcal) 79 Tree nuts an Sulphites in Energy Per 10g (kcal) 184 Tree nuts an Energy Per 10g (kcal)	Protein Per 100g (g) 16.24 ad nut produc concentrates 100g (g) 16.24 ad nut produc concentrates 110g (g) 16.24 ad nut produc concentrates 110g (g) 11.5 ad nut produc do nut produce concentrates 110g (g) 11.5	Total Fat Per 100g (g) 1 1 Total Fat Per 100g (g) 0 7 Total Fat Per 100g (g) 1 4 Total Fat Per 100g (g)	Saturated fat Per 100g (g) 0 0 Saturated fat Per 100g (g) 0 0.118	> 25g of Sugar Dietary Fibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0 > 25g of Sugar	Carbohydra te Per 100g (g) 2 h r Per Serving Carbohydra te Per 100g (g) 2 h r Per Serving Carbohydra te Per 100g (g) 0.82 pr Per Serving Carbohydra te Per 100g (g) 1.82	Sugar Per 100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Nutrients of C	Sodium Per 100g (mg) 52 One Portion 100g (mg) 32 One Portion 372 One Portion 100g (mg) 372 One Portion 100g (mg) 372 One Portion 100g (mg) 729	Energy Per Recipe Portion (Kcal) 10.7 11 Energy Per Recipe Portion (Kcal) 21.3 21 Energy Per Recipe	Protein Per Recipe Portion [8] 1.2 1.2 1.2 1.2 1.4 4.4 4.4	Total Fat Per Recipe Portion (g) 0.0 0.0 Total Fat Per Recipe Portion (g) 0.2 Total Fat Per Recipe	Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g) 0.0 2.8	Dietary Fibre Per Recipe 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0	Carbohyrat e Per Recipe Portion (g) 0.6 0.6 0.6 Carbohyrat e Per Recipe 0.2 Carbohyrat e Per Recipe Per Recipe	Sugar Per Recipe Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g) 0.0 0.0	Sodium Per Recipe Portion (mg) 15-9 16 Sodium Per Recipe Portion (mg) 100.4 100 Sodium Per Recipe Portion Per Recipe Portion
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No. 1 1 1 1 1 1 1 1 1	remain containing gluten Trabstick Ingredients Ingredients Trabstick Ingredients Ingredients	Combined Component Cuttleful A Component Cut	Logic and so the sound of the s	weight of Preparation 20.0 products 20.0 pro	Weight of One	Linguredient Names in Database Generic Crab Stds. Peanuts, sophema and their pr Mills and mills poolutes Cooking Method/ Remarks	Data Source USDA Data Source HPB Data Source HPB Aus Aus HPB X Data Source Aus	Energy Per 100c (feed) 35 Suphites in 100c (feed) 45 Suphites in 100c (feed	Protein Pere 1 100 kg i. 1 100	Total Fet Tota	Saturated Fair Per 100x (e)	Dietary Fibre Per 100 kg	Per Serving Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra	Sugar Per 1 100x (d) 1 Sugar Per 1 Sugar P	Sodium Per 100g (mg) . 32	Energy Per Recipe 11 12 13 14 15 16 17 17 18 18 18 18 18 18 18 18	Protein Per Recipe Protein Per Recipe Portein Id. 4.4 4.4 4.4 4.5 Protein Per Recipe Protein Recipe Protein Recipe Recipe 1.5 8.5 Protein Per Recipe Recipe 1.5 8.5 Protein Recipe 1.5 8.5 Protein Recipe Protein Recipe 1.5 8.5 Protein Recipe Recipe Recipe Recipe Protein Recipe R	Total Fat Per Recipe Portion (g)	Saturated fist Per Recipe Control of Saturated	Dietary Fibre Per Recipe 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Carbohyvate Person Id. 70 72 Carbohyvate Person Id. 70 72 Carbohyvate Person Id. 72 Carbohyvate Person Id. 73 74 Carbohyvate Person Id. 75 75 75 Carbohyvate Person Id. 75 75 75 75 76 Carbohyvate Person Id. 76 77 78 79 79 79 79 79 79 79 79	Sugar Per Recipe On O	Sodium Per Recipe Fortion India Sodium Per Recipe 116 116 116 116 117 117 117 117 117 117
Side 17 C	remain containing gluten Trabstick Ingredients Ingredients Trabstick Ingredients Ingredients	X Combined Component Lucken	Legs and eg se and se	Weight of Preparation Gill St. 3 2.8 9.8 9.9 9.9 9.9 9.9 9.9 9.9	Weight of One Constitution of	Molita and milk products Cooking Method/ Remarks Ingreedient Names in Database Genere. Creb block Peanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Ingreedient Names in Database Fannuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Fish toly Peanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Fish toly Peanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Fish toly Peanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Fish toly Peanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Feanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Feanuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingreedient Names in Database Lingreedi	Data Source USDA Data Source HPB Data Source HPB X Data Source HPB X Data Source HPB X Data Source HPB Data Source HPB Data Source HPB	Energy Per 100c (seal) 35 Suphites in 100c (seal) 35 Tree nuts an 100c (seal) 179 Suphites in 100c (seal) 180c (se	Protein Periodic Peri	Total Fat Per 100s (a) 100	Saturated Fair Per 100x (e)	Dietery 1 Dieter	Per Serving Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra Carbohydra	Sugar Per 100c (d) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium Per 100g (mg) . 32	Energy Per Recipe 11 12 13 14 15 16 17 17 18 18 18 18 18 18 18 18	Protein Per Recipe Protein Per Recipe 12 12 12 12 12 12 12 12 13 14 4.4 4.4 4.4 4.4 4.5 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	Total Fat Per Recipe Portion ig 0,0 0,0 0,0 Total Fat Per Recipe Portion ig 0,2 0,2 Total Fat Per Recipe Portion ig 1,7,1 7,1 7,1 7,1 7,1 7,1 7,1 7,1 7,1 7	2.0 Saturated fist Per Perrison (g) 0.0 0.0 Saturated Fat Per Recipe Portion (g) 0.0 Saturated Fat Per Person (g) 0.3 Saturated Fat Per Person (g) 0.3 Saturated Fat Per Recipe (g)	Dietary Fibre Per Dietary Fibr	Carbohyvat e Person (g) 0.2 0.2 Carbohyvat e Person (g) 0.2 0.2 0.2 Carbohyvat e Person (g) 0.2 0.2 0.2 0.2 0.3 0.0 0.0	Sugar Per Recipe 0.0 0.0 0.0 Sugar Per Recipe Portion [a] 0.0 0.0 0.0 Sugar Per Recipe Portion [a] 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Sodium Per Recipe Person Inc. 100.4 100.0 100.0 1278.

Side 24	Mini Fish Ball					Cooking Method/ Remarks																	
		Combined		Weight of	Weight of						Saturated	Dietary	Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Ca	rbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source		Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)		te Per 100g	Sugar Per 100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal)	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe	Recipe	Recipe ortion (g)	Portion (mg)
1	Mini Fish Ball	Mini Fish Ball	34.3	34.3	34.3	Fish ball, packaged frozen, boiled, steamed, poached,	Aus	137.428	20.1	3.9	0.7	1.4	5.3	1.8	707	47.1	6.9	1.3	0.2	0.5	1.8	0.6	242.5
Food	Weight of Cereals containing gluten	One Portion	34.3 Eggs and egg	products	34.3	microwaved no fat added Peanuts, soybeans and their pro	х	Tree nuts and	nut product			> 25g of Sugar		Nutrients of	One Portion	47	6.9	1.3	0.2	0.5	1.8	0.6	243
Allergens	Crustacean and crustacean products		Fish and fish		х	Milk and milk products		Sulphites in co	ncentrates o														
Side 25	Mushroom Ball					Cooking Method/ Remarks																	Sodium
		Combined Component	Component	Weight of	Weight of		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary (Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Fibre Per		Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Mushroom (unspecified), Seafood	S	s Weight (g)	(g)	Serving (g)	Ingredient Names in Database	Source	100g (kcal)	100g (g)	Per 100g (g)	100g (g)	100g (g)	(g)	100g (g)	100g (mg)	Portion (Kcal)	Portion (g)	Portion (g)	Portion (g)			ortion (g)	(mg)
1	(cuttlefish, prawn, fish - all unspecified types) Ball	Seafood Ball	48.6	48.6	48.6	(Mushroom) (Malaysia)	MFP	95	12	1	0	0	8	0	0	46.2	5.8	0.5	0.0	0.0	3.9	0.0	0.0
Food	Cereals containing gluten	One Portion	Eggs and egg		48.6	Peanuts, soybeans and their pro	Х	Tree nuts and				> 25g of Sugar			One Portion	46	5.8	0.5	0.0	0.0	3.9	0.0	0
Allergens Side 26	Crustacean and crustacean products		Fish and fish	products	Х	Milk and milk products Cooking Method/ Remarks		Sulphites in co	ncentrates o														
Side 26	Quan Egg					Cooking Wediod/ Remarks													Saturated	Dietary Ca	rbohvrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	Recipe	Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Quail Egg	S Quail Egg	s Weight (g) 30.3	(g) 30.3	Serving (g) 30.3	Ingredient Names in Database Egg, quail, whole, raw	Source HPB	100g (kcal) 158	100g (g) 13.1	Per 100g (g) 11.1	100g (g) 3.56	100g (g) 0		0.4	100g (mg) 141	Portion (Kcal) 47.9	Portion (g) 4.0	3.4	Portion (g) 1.1	0.0	0.1	O.1	(mg) 42.7
	Cereals containing gluten	One Portion	Eggs and egg	products	30.3 X	Peanuts, soybeans and their pro		Tree nuts and				> 25g of Sugar	r Per Serving	Nutrients of	One Portion	48	4.0	3.4	1.1	0.0	0.1	0.1	43
	Crustacean and crustacean products Saito Fish Cake	l .	Fish and fish	products		Milk and milk products Cooking Method/ Remarks		Sulphites in co	ncentrates o						l .								
																			Saturated	Dietary Ca	rbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per	Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Recipe	Recipe	Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Saito Fish Cake	Saito Fish Cake	s Weight (g) 89.6	(g) 89.6	Serving (g) 89.6	Ingredient Names in Database Fried fish cake	Source HPB	100g (kcal)	100g (g)	Per 100g (g)	100g (g)	100g (g)	(g)	100g (g)	100g (mg) 941	Portion (Kcal) 82.4	Portion (g)	Portion (g)	Portion (g)	Portion (g) P	ortion (g) P	ortion (g)	(mg) 843.1
Food	Weight of Cereals containing gluten	One Portion			89.6 X	Peanuts, soybeans and their pro	х	Tree nuts and		3.3		> 25g of Sugar			One Portion	82	12.1		1.6	1.1	1.9	0.8	843
Allergens	Crustacean and crustacean products		Fish and fish		Х	Milk and milk products		Sulphites in co															
Side 28	Seaweed Chicken					Cooking Method/ Remarks														Diet			Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary (Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per		Sugar Per Recipe	Sodium Per Recipe Portion
No.	Ingredients Seaweed Chicken	S Deep Fried	s Weight (g) 48.6	(g) 42.3	Serving (g) 42.3	Ingredient Names in Database Seaweed chicken	Source HPB	100g (kcal)	100g (g) 17.7	Per 100g (g) 13.5	100g (g) 4.3	100g (g) 2.3	(g) 11.6	100g (g) 3.3	100g (mg)	Portion (Kcal) 100.7	Portion (g) 7.5	Per Recipe Portion (g) 5.7	Portion (g)			recipe fortion (g)	(mg) 306.7
2	Sunflower Oil Weight of	Seaweed One Portion	48.6	6.3	6.3	Oil, sunflower	HPB	885.17	0	100	10.7	0	0	0	0 One Portion	55.8 156	0.0	6.3 12.0	0.7	0.0	0.0	0.0	0.0
	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in co	nut product ncentrates o			> 25g of Sugar											
Side 29	Taiwan Sausage	1	1	ı		Cooking Method/ Remarks							-									-	
		Combined		Weight of	Weight of						Saturated	Dietary (Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Co	rbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source	100g (kcal)		Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 1 100g (g)	te Per 100g (g)		Sodium Per 100g (mg)	Recipe Portion (Kcal)	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g) Po	Recipe ortion (g) P	Recipe ortion (g)	Portion (mg)
	Taiwan Sausage Sunflower Oil	Grilled Sausage	46.5	46.0 0.5	0.5	Taiwanese pork sausage Oil, sunflower	HPB HPB	360 885.17	15.6 0	27.1 100	12.51 10.7	0.001	13.5 0	6.7 0	624 0	165.6 4.4	7.2	12.5 0.5	5.8 0.1	0.0	6.2 0.0	3.1 0.0	287.0 0.0
Food	Cereals containing gluten	One Portion X	46.5 Eggs and egg Fish and fish		46.5	Peanuts, soybeans and their pro Milk and milk products	х	Tree nuts and Sulphites in co	nut product			> 25g of Sugar		Nutrients of	One Portion	170	7.2	13.0	5.8	0.0	6.2	3.1	287
	Crustacean and crustacean products Instant Noodle	l .	FISH and fish	products		Cooking Method/ Remarks		Sulprites in co	ncentrates o						l .								
																			Saturated	Dietary Ca	rbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per		Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe		Recipe	Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Instant woode, oneo, uramed, no	mstant	s Weight (g) 82.4	(g) 82.4	Serving (g) 82.4	Ingredient Names in Database	Source HPB	100g (kcal) 423.996	100g (g) 9.8	Per 100g (g) 14.2	100g (g) 7.18	100g (g) 0.7	(g) 64.2	2.9	100g (mg) 103	Portion (Kcal) 349.4	Portion (g) 8.1	11.7	Portion (g) 5.9	0.6	52.9	ortion (g) 2.4	(mg) 84.9
	Weight of Cereals containing gluten Crustacean and crustacean products		82.4 Eggs and egg Fish and fish		82.4 X	Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in co				> 25g of Sugar		Nutrients of	One Portion	349	8.1	11.7	5.9	0.6	52.9	2.4	85
	Potato Starch Noodle	l .	PISH and lish	products		Cooking Method/ Remarks		Sulprites in co	incentrates (l .								
																			Saturated		ırbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Recipe	Recipe	Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Potato Starch Noodle, boiled, drained Weight of	Potato One Portion	s Weight (g) 126.4 126.4	(g) 126.4	Serving (g) 126.4 126.4	Ingredient Names in Database Sweet Potato Starch Noodle	Source ETM	100g (kcal) 345.5	100g (g) 0	Per 100g (g)	100g (g) 0	100g (g) 0	(g) 85.5	0	100g (mg) 0 One Portion	436.7 437	0.0 0.0	0.0 0.0	0.0 0.0		108.1 108.1	0.0 0.0	(mg) 0.0
	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in co				> 25g of Sugar	r Per Serving	TOLINE III O	One rortion	72/	0.0	0.0	0.0	0.0	100.1	0.0	
Side 32	Taugay					Cooking Method/ Remarks																	
				Weight of	Weight of							Dietary (Total Fat	Saturated Fat Per	Dietary Ca Fibre Per	rbohyrat e Per		Sodium Per Recipe
No.	Ingredients	Combined Component	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source		Protein Per 100g (g)	Total Fat Per 100g (g)	Saturated Fat Per 100g (g)		Carbohydra te Per 100g (g)	Sugar Per 100g (g)	Sodium Per 100g (mg)	Energy Per Recipe Portion (Kcal)	Protein Per Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe	Recipe	Sugar Per Recipe ortion (g)	Portion (mg)
	Weight of	Beansprout One Portion	55.2	55.2	55.2 55.2	Bean sprouts, raw	HPB	20.1	2.7	0.1	0	1.6	1.4	0.9	1 One Portion	11.1	1.5	0.1	0.0	0.9	0.8	0.5	0.6
Food Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in co				> 25g of Sugar	r Per Serving										
Side 33	Brinjal	1		1		Cooking Method/ Remarks																	
		Combined		Weight of	Weight of						Saturated	Dietary (Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per		rbohyrat e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 1	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)		te Per 100g	Sugar Per 100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal)	Recipe Portion (g)	Per Recipe	Recipe Portion (g)	Recipe	Recipe	Recipe fortion (g)	Portion (mg)
	Weight of	Brinjal One Portion		40.7	40.7	Eggplant, raw		30.115	1.7	0.1	0.02	1		5.6 Nutrients of	9 One Portion	12.3 12	0.7	0.0	0.0	0.4	2.3	2.3	3.7
	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products	oducts	Tree nuts and Sulphites in co				> 25g of Sugar	r Per Serving										
Side 34	Broccoli					Cooking Method/ Remarks						T	ſ						T				
		Combined		Weight of	Weight of						Saturated		Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per Recipe
No.	Ingredients	Component s	Component s Weight (g)	Prepration (g)	One Serving (g)	Ingredient Names in Database	Data Source	100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	Fibre Per 1 100g (g)	te Per 100g (g)	100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal)	Recipe Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g) P	Recipe ortion (g) P	Recipe ortion (g)	Portion (mg)
	Broccoli, raw Weight of	Broccoli One Portion	31.5 31.5	31.5	31.5 31.5	Broccoli, raw Peanuts, soybeans and their pro	HPB	28.92	4.1	0.1	0.001		2.8	2.8 Nutrients of	12 One Portion	9.1 9	1.3 1.3	0.0	0.0	1.2 1.2	0.9	0.9	3.8
Allergens	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish	products		Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in co	ncentrates			- 43g or Sugar	rei Serving										
Side 35	Cabbage					Cooking Method/ Remarks																	
		Combined		Weight of	Weight of						Saturated		Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Fibre Per	e Per	Sugar Per	Sodium Per Recipe
No.	Ingredients Napa Cabbage, raw	Component s Wongbok	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)	100g (g)	(g) 2.2	100g (g)		Recipe Portion (Kcal)		Per Recipe Portion (g) 0.3	Recipe Portion (g) 0.0		Recipe ortion (g) P	Recipe fortion (g)	Portion (mg)
		One Portion		128.6 products	128.6	Cabbage, napa, cooked Peanuts, soybeans and their pre	FB oducts			0.2		0 > 25g of Sugar		0 Nutrients of	0ne Portion	15.4 15	1.4	0.3	0.0	0.0	2.8	0.0	14.1
Allergens	Crustacean and crustacean products		Fish and fish	products		Milk and milk products		Sulphites in co	ncentrates														
Side 36	Cauliflower					Cooking Method/ Remarks																	
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein n-	Total Fat	Saturated Fat Per	Dietary (Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Fibre Per	e Per Recipe	Sugar Per Recipe	Sodium Per Recipe Portion
No.	Ingredients Cauliflower, raw	Component S Cauliflower	s Weight (g)	Prepration (g) 61.6	Serving (g)	Ingredient Names in Database Cauliflower, raw	Source	100g (kcal) 32.027	100g (g)		100g (g)	100g (g)	(g) 4.8		100g (mg)	Portion (Kcal) 19.7	Recipe Portion (g) 2.0					Recipe fortion (g)	Portion (mg) 35.1
Food	Weight of Cereals containing gluten	One Portion	61.6 Eggs and egg	products	61.6	Peanuts, soybeans and their pro	oducts	Tree nuts and	nut product			> 25g of Sugar			One Portion	20	2.0	0.0	0.0	1.4	3.0	2.9	35.1
Allergens	Crustacean and crustacean products		Fish and fish	products		Milk and milk products		Sulphites in co	ncentrates o														
Side 37	Cucumber					Cooking Method/ Remarks												Ī	Saturated	Dietary Ca			Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein n-	Total Fat	Saturated Fat Per	Dietary (Carbohydra te Per 100e	Sugar Day	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per		Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Cucumber, raw	S Cucumber	s Weight (g) 56.4	(g) 56.4		Ingredient Names in Database Cucumber, raw	Source HPB	100g (kcal) 16.013	100g (g)	Per 100g (g)	100g (g)	100g (g) 0.6	(g) 3.4	100g (g) 3.4	100g (mg)	Portion (Kcal) 9.0						ortion (g)	(mg) 7.3
Food	Weight of Cereals containing gluten	One Portion	56.4 Eggs and egg	products	56.4	Peanuts, soybeans and their pro	oducts	Tree nuts and	nut product			> 25g of Sugar		Nutrients of	One Portion	9	0.3	0.0	0.0	0.3	1.9	1.9	7
Allergens	Crustacean and crustacean products		Fish and fish			Milk and milk products		Sulphites in co															
side 38	Kang Kong					Cooking Method/ Remarks													Saturated	Dietary Ca	rbohvrat		Sodium
		Combined Component		Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe		Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Recipe	Per Recipe Portion
No.	Ingredients Kang Kong, raw	s Kang Kong	s Weight (g) 41.8	(g) 41.8	Serving (g) 41.8	Ingredient Names in Database		100g (kcal)			100g (g)	100g (g)	(g)	100g (g)	100g (mg) 113	Portion (Kcal) 7.9	Portion (g)	Portion (g) 0.1	Portion (g) 0.0	Portion (g) Po 0.9	ortion (g) P	O.0	(mg) 47.2
Food	Weight of Cereals containing gluten	One Portion	41.8 Eggs and egg	g products	41.8	Peanuts, soybeans and their pro	oducts	Tree nuts and	nut product			> 25g of Sugar			One Portion	8	1.1	0.1	0.0		0.4	0.0	47
Allergens	Crustacean and crustacean products		Fish and fish	products		Milk and milk products		Sulphites in co							l								
Side 39	Lady's Finger					Cooking Method/ Remarks																	

																			Saturated	Dietary	Carbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per		Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Per Recipe P	er Recipe Portion
No.	Ingredients Lady's Finger, raw Weight of	S Lauy S One Portion	s Weight (g) 35.9 35.9	(g) 35.9		Ingredient Names in Database Okra, raw	Source HPB	100g (kcal) 31.071	100g (g) 1.7	Per 100g (g) 0.1	100g (g) 0.03	100g (g) 3.2	5.9	5.9	30 One Portion	Portion (Kcal 11.2 11	0.6 0.6	0.0 0.0	0.0 0.0	1.1 1.1	2.1 2.1	2.1	(mg) 10.8
	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in c				> 25g of Sugar		Nutrients of	One Portion	- 11	0.6	0.0	0.0	1.1	2.1	2.1	-11
Side 40	Potato					Cooking Method/ Remarks																	
		Combined		Weight of	Weight of						Saturated	Dietary (Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per		Sodium er Recipe
No.	Ingredients	Component s	Component s Weight (g)	Prepration (g)	One	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)		Total Fat Per 100g (g)	Fat Per 100g (g)		te Per 100g	Sugar Per 100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal	Recipe	Per Recipe Portion (g)	Recipe Portion (g)	Recipe	Recipe Portion (g)	Recipe P	Portion (mg)
		One Portion	66.7 66.7	66.7	66.7	Potato, raw, peeled	HPB	66.99	2.3	0.1	0	1.6			4 One Portion	44.7 45	1.5 1.5	0.1	0.0	1.1	8.6 8.6	0.4	2.7 3
	Cereals containing gluten Crustacean and crustacean products		Eggs and egg Fish and fish			Peanuts, soybeans and their pro Milk and milk products		Tree nuts and Sulphites in c				> 25g of Sugar	r Per Serving										
Side 41	Tomato					Cooking Method/ Remarks																	
		Combined		Weight of	Weight of						Saturated		Carbohydra			Energy Per	Protein Per	Total Fat	Saturated Fat Per	Dietary Fibre Per	Carbohyrat e Per	Sugar Per Per	Sodium er Recipe
No.	Ingredients	Component	Component s Weight (g)	Prepration (g)		Ingredient Names in Database		100g (kcal)	Protein Per 100g (g)	Total Fat Per 100g (g)	Fat Per 100g (g)	100g (g)	(g)	Sugar Per 100g (g)	Sodium Per 100g (mg)	Recipe Portion (Kcal	Recipe) Portion (g)	Per Recipe Portion (g)			Recipe Portion (g)	Portion (g)	Portion (mg)
	Tomato, raw Weight of Cereals containing gluten	Tomato One Portion	71.6 71.6 Eggs and egg	71.6	71.6	Tomato, raw Peanuts, soybeans and their pre	HPB	Tree nuts and	1.4	0.2	0.06	0.5 > 25g of Sugar		3.6 Nutrients of	16 One Portion	15.8 16	1.0	0.1	0.0	0.4	2.6 2.6		11.5
	Crustacean and crustacean products		Fish and fish			Milk and milk products	oducis	Sulphites in c				223g Oi Sugai	i rei seiving										
Side 42	Wintermelon					Cooking Method/ Remarks																	
		Combined	C	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Cadium Dan	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Saturated Fat Per Recipe	Dietary Fibre Per Recipe	Carbohyrat e Per Recipe	Sugar Per Per	Sodium er Recipe Portion
No.	Ingredients Wintermelon, blanched	Component	s Weight (g) 86.5	(g) 86.5	Serving (g)		Source	100g (kcal)		Per 100g (g) 2.73	100g (g)	100g (g)	(g) 1.95	100g (g)	100g (mg)			Portion (g)	Portion (g) 0.6	Portion (g)	Portion (g)	Portion (g)	(mg) 195.5
Food	Weight of Cereals containing gluten		86.5 Eggs and egg	g products	86.5	Peanuts, soybeans and their pre		Tree nuts and				> 25g of Sugar		Nutrients of	One Portion		0.3	2.4	0.6	0.9	1.7		195
	Crustacean and crustacean products		Fish and fish	products		Milk and milk products		Sulphites in c	concentrates	4													
Side 43	Xiao Bai Cai					Cooking Method/ Remarks													Saturated	Dietary	Carbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Per Recipe P	er Recipe Portion
No.		Xiao Bai Cai	s Weight (g) 54.9	(g) 54.9	Serving (g) 54.9	Ingredient Names in Database Cabbage, Chinese (pak-Chon),		100g (kcal)		Per 100g (g) 0.2	100g (g) 0.027	100g (g)	(g) 1.18	100g (g) 1.18	100g (mg) 65	Portion (Kcal 7.1	Portion (g) 0.8	Portion (g) 0.1	Portion (g) 0.0	Portion (g) 0.5	Portion (g) 0.6	Portion (g) 0.6	(mg) 35.7
	Cereals containing gluten	One Portion	54.9 Eggs and egg		54.9	Peanuts, soybeans and their pro		Tree nuts and				> 25g of Sugar		Nutrients of	One Portion	7	0.8	0.1	0.0	0.5	0.6	0.6	36
	Crustacean and crustacean products King Oyster Mushroom		Fish and fish	products		Milk and milk products Cooking Method/ Remarks	,	Sulphites in c	concentrates	1													
310e 44	king Oyster Mushroom					Cooking Method/ Remarks													Saturated	Dietary	Carbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data		Protein Per	Total Fat	Saturated Fat Per	Fibre Per		Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe	Sugar Per Per Recipe P	er Recipe Portion
No.	Ingredients King Oyster Mushroom, raw	King Gyster	s Weight (g) 35.0	(g)	Serving (g) 35.0	Ingredient Names in Database Mushrooms, grey oyster, raw	Source HPB	100g (kcal) 37.046		Per 100g (g) 0.7	100g (g) 0.1	100g (g) 2.1	(g) 4.1	100g (g)		Portion (Kcal 13.0	Portion (g) 1.3	Portion (g) 0.2	Portion (g) 0.0	Portion (g) 0.7	Portion (g) 1.4	Portion (g) 0.7	(mg) 2.1
Food	Weight of Cereals containing gluten	One Portion	35.0 Eggs and egg	g products	35.0	Peanuts, soybeans and their pro	oducts	Tree nuts and	d nut product			> 25g of Sugar		Nutrients of	One Portion	13	1.3	0.2	0.0	0.7	1.4	0.7	2
	Crustacean and crustacean products Shitake Mushroom		Fish and fish	products	•	Milk and milk products Cooking Method/ Remarks		Sulphites in c	concentrates	4					<u> </u>								
Side 45	Shitake Mushroom					Cooking Method/ Remarks													Saturated	Dietary	Carbohyrat		Sodium
		Combined Component	Component	Weight of Prepration	Weight of One		Data	Energy Per	Protein Per	Total Fat	Saturated Fat Per		Carbohydra te Per 100g	Sugar Per	Sodium Per	Energy Per Recipe	Protein Per Recipe	Total Fat Per Recipe	Fat Per Recipe	Fibre Per Recipe	e Per Recipe		er Recipe Portion
No.	Ingredients Shitake Mushroom, raw	S	s Weight (g) 46.5	(g) 46.5	Serving (g)	Ingredient Names in Database Mushrooms, shiitake, raw	Source	100g (kcal)	100g (g) 2.24	Per 100g (g)	100g (g)	100g (g) 2.5	(g)	100g (g)	100g (mg)			Portion (g) 0.2	Portion (g) 0.0	Portion (g)	Portion (g) 2.0	Portion (g)	(mg) 4.2
Food	Weight of Cereals containing gluten	One Portion	46.5 Eggs and egg	g products	46.5	Peanuts, soybeans and their pro	oducts	Tree nuts and	d nut product			> 25g of Sugar			One Portion		1.0	0.2	0.0	1.2	2.0	1.1	4
	Crustacean and crustacean products		Fish and fish	products		Milk and milk products		Sulphites in c	concentrates	4													
Side 46	Beef Slice					Cooking Method/ Remarks														Dietary			
		Combined		Weight of	Weight of						Saturated	Dietary				Energy Per	Protein Per	Total Fat	Saturated	Dietary	e Per	Sugar Per Per	er Recipe Portion
No.					One		Data	Fnerey Per	Protein Per	Total Fat			Carbohydra te Per 100e	Sugar Per	Sodium Per				Fat Per Recine	Fibre Per Recipe		Recine P	
	Ingredients Beef slice, part unspecified, raw		s Weight (g) 59.0	(g) 59.0	One Serving (g) 59.0	Ingredient Names in Database	Data Source HPB	Energy Per 100g (kcal) 184.512	100g (g)	Per 100g (g)	Fat Per 100g (g) 5.6		te Per 100g (g)	Sugar Per 100g (g)	Sodium Per 100g (mg) 54	Recipe Portion (Kcal 108.9	Recipe	Per Recipe	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (g)	(mg) 31.9
Food	Beef slice, part unspecified, raw Weight of Cereals containing gluten	s	59.0 59.0 Eggs and egg	(g) 59.0 g products	Serving (g) 59.0 59.0	Peanuts, soybeans and their pro	Source HPB oducts	100g (kcal) 184.512 Tree nuts and	100g (g) 20 d nut product	Per 100g (g) 11.7	Fat Per 100g (g)	Fibre Per 100g (g)	(g) 0	100g (g)	100g (mg)	Recipe Portion (Kcal 108.9	Recipe) Portion (g)	Per Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Recipe Portion (g)	Portion (g)	(mg)
Food Allergens	Beef slice, part unspecified, raw Weight of Cereals containing gluten Crustacean and crustacean products	Beef Slice	s Weight (g) 59.0 59.0	(g) 59.0 g products	Serving (g) 59.0 59.0	Peanuts, soybeans and their pro Milk and milk products	Source HPB oducts	100g (kcal) 184.512	100g (g) 20 d nut product	Per 100g (g) 11.7	Fat Per 100g (g)	Fibre Per 100g (g)	(g) 0	100g (g)	100g (mg) 54	Recipe Portion (Kcal 108.9	Recipe Portion (g) 11.8	Per Recipe Portion (g) 6.9	Recipe Portion (g) 3.3	Recipe Portion (g) 0.0	Recipe Portion (g) 0.0	Portion (g) 0.0	(mg) 31.9
Food Allergens	Beef slice, part unspecified, raw Weight of Cereals containing gluten	Beef Slice	59.0 59.0 Eggs and egg	(g) 59.0 g products	Serving (g) 59.0 59.0	Peanuts, soybeans and their pro	Source HPB oducts	100g (kcal) 184.512 Tree nuts and	100g (g) 20 d nut product	Per 100g (g) 11.7	Fat Per 100g (g)	Fibre Per 100g (g)	(g) 0	100g (g)	100g (mg) 54	Recipe Portion (Kcal 108.9	Recipe Portion (g) 11.8	Per Recipe Portion (g) 6.9	Recipe Portion (g) 3.3	Recipe Portion (g) 0.0 0.0	Recipe Portion (g) 0.0 0.0	Portion (g) 0.0 0.0	(mg) 31.9
Food Allergens	Beef slice, part unspecified, raw Weight of Cereals containing gluten Crustacean and crustacean products	Beef Slice	59.0 59.0 Eggs and egg	(g) 59.0 g products	Serving (g) 59.0 59.0	Peanuts, soybeans and their pro Milk and milk products	Source HPB oducts	100g (kcal) 184.512 Tree nuts and Sulphites in o	100g (g) 20 d nut product concentrates	Per 100g (g) 11.7	Fat Per 100g (g)	Fibre Per 100g (g) 0 > 25g of Sugar Dietary (Fibre Per 1	te Per 100g (g) 0 r Per Serving Carbohydra te Per 100g	100g (g) 0 Nutrients of	100g (mg) 54 One Portion	Recipe Portion (Kcal 108.9 109	Recipe Portion (g) 11.8 11.8 Protein Per Recipe	Per Recipe Portion (g) 6.9	Recipe Portion (g) 3.3 3.3	Recipe Portion (g) 0.0	Recipe Portion (g) 0.0	Portion (g) 0.0 0.0 Sugar Per Pe	(mg) 31.9 32
Food Allergens Side 47	Beef slice, part unspecified, raw Weight of Cereals containing gluten Crustacean and crustacean products Chicken Gizzard Lingredients Chicken Gizzard, raw	S Beef Slice One Portion Combined Component S Beef Slice	s Weight (g) 59.0 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0	(g) 59.0 sproducts products Weight of	Serving (g) 59.0 59.0 59.0 Weight of One Serving (g) 48.0	Peanuts, soybeans and their pro Milk and milk products	Source HPB oducts	100g (kcal) 184.512 Tree nuts and Sulphites in c	100g (g) 20 d nut product concentrates	Per 100g (g) 11.7 Total Fat Per 100g (g)	Fat Per 100g (g) 5.6 Saturated	Fibre Per 100g (g) 0 0 > 25g of Sugar	te Per 100g (g) 0 r Per Serving Carbohydra te Per 100g (g) 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0	100g (mg) 54 One Portion Sodium Per 100g (mg) 69	Recipe Portion (Kcal 108.9 109 Energy Per Recipe Portion (Kcal 45.1	Recipe Portion (g) 11.8 11.8 11.8 Protein Per Recipe Portion (g) 8.5	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g)	Recipe Portion (g) 3.3 3.3 Saturated Fat Per	Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0	Recipe Portion (g) 0.0 0.0 Carbohyrat e Per	Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g)	(mg) 31.9 32 Sodium er Recipe
Food Allergens Side 47	Beef slice, part unspecified, raw Weight of Gereals containing gluten Crustacean and crustacean products Chicken Gizzard Lingredients Chicken Gizzard, raw Weight of Gereals containing gluten	S Beef Slice One Portion Combined Component S Beef Slice One Portion	s Weight (g) 59.0 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 Eggs and egg	(g) 59.0 g products products Weight of Prepration (g) 48.0	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0 48.0	Peanuts, soybeans and their pri Milk and milk products Cooking Method/ Remarks ingredient Names in Database Circking parent, air classes, Peanuts, soybeans and their pri	Data Source USDA	100g (kcal) 184.512 Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and	20 d nut product concentrates Protein Per 100g (g) 17.66	Per 100g (g) 11.7 Total Fat Per 100g (g) 2.06	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g)	Fibre Per 100g (g) 0 > 25g of Sugar Dietary (Fibre Per 100g (g)	Carbohydra te Per 100g (g) 0 Carbohydra te Per 100g (g) 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0	100g (mg) S4 One Portion Sodium Per 100g (mg)	Recipe Portion (Kcal 108.9 109 Energy Per Recipe Portion (Kcal 45.1	Recipe Portion (g) 11.8 11.8 Protein Per Recipe Portion (g)	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g)	Recipe Portion (g) 3.3 3.3 Saturated Fat Per Recipe Portion (g)	Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g)	Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g)	Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g)	(mg) 31.9 32 Sodium er Recipe Portion (mg)
Food Allergens Side 47 No. 1 Food Allergens	Beef slice, part unspecified, raw Weight of Cereals containing gluten Constaean and constaean products Chicken Gizzard Ingredients Chicken Gizzard, raw Weight of Cereals containing gluten Constaean and crustacean products Constaean and crustacean products	S Beef Slice One Portion Combined Component S Beef Slice One Portion	s Weight (g) 59.0 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 48.0	(g) 59.0 g products products Weight of Prepration (g) 48.0	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0	Peanuts, soybeans and their price Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Consisting Databa	Source HPB oducts Data Source USDA	100g (kcal) 184.512 Tree nuts and Sulphites in c Energy Per 100g (kcal)	20 d nut product concentrates Protein Per 100g (g) 17.66	Per 100g (g) 11.7 Total Fat Per 100g (g) 2.06	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g)	Pibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0	Carbohydra te Per 100g (g) 0 Carbohydra te Per 100g (g) 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0	100g (mg) 54 One Portion Sodium Per 100g (mg) 69	Recipe Portion (Kcal 108.9 109 Energy Per Recipe Portion (Kcal 45.1	Recipe Portion (g) 11.8 11.8 11.8 Protein Per Recipe Portion (g) 8.5	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g)	Recipe Portion (g) 3.3 3.3 Saturated Fat Per Recipe Portion (g)	Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0	Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g)	Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g)	(mg) 31.9 32 Sodium er Recipe Portion (mg)
Food Allergens Side 47	Beef slice, part unspecified, raw Weight of Cereals containing gluten Constaean and constaean products Chicken Gizzard Ingredients Chicken Gizzard, raw Weight of Cereals containing gluten Constaean and crustacean products Constaean and crustacean products	S Beef Slice One Portion Combined Component S Beef Slice One Portion	s Weight (g) 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 Eggs and egg	(g) 59.0 g products products Weight of Prepration (g) 48.0	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0	Peanuts, soybeans and their pri Milk and milk products Cooking Method/ Remarks ingredient Names in Database Circking parent, air classes, Peanuts, soybeans and their pri	Source HPB oducts Data Source USDA	100g (kcal) 184.512 Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and	20 d nut product concentrates Protein Per 100g (g) 17.66	Per 100g (g) 11.7 Total Fat Per 100g (g) 2.06	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g)	Pibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0	Carbohydra te Per 100g (g) 0 Carbohydra te Per 100g (g) 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0	100g (mg) 54 One Portion Sodium Per 100g (mg) 69	Recipe Portion (Kcal 108.9 109 Energy Per Recipe Portion (Kcal 45.1	Recipe Portion (g) 11.8 11.8 11.8 Protein Per Recipe Portion (g) 8.5	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g)	Recipe Portion (g) 3.3 3.3 Saturated Fat Per Recipe Portion (g)	Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0	Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g)	Portion (g) 0.0 0.0 Sugar Per Recipe Portion (g) 0.0	(mg) 31.9 32 Sodium er Recipe Portion (mg)
Food Allergens Side 47 No. 1 Food Allergens	Beef slice, part unspecified, raw Weight of Cereals containing gluten Constaean and constaean products Chicken Gizzard Ingredients Chicken Gizzard, raw Weight of Cereals containing gluten Constaean and crustacean products Constaean and crustacean products	Beef Slice One Portion Combined Component Beef Slice One Portion Combined Component Component	s Weight (g) 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 Eggs and egg Fish and fish	(g) 59.0 g products products Weight of Prepration (g) 48.0	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0	Peanuts, soybeans and their price Milk and milk products Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Consisting Databa	Source HPB oducts Data Source USDA oducts	100g (kcal) 184.512 Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and Sulphites in c	100g (g) 20 d nut productioncentrates Protein Per 100g (g) 17.66 d nut productioncentrates	Per 100g (g) 11.7 Total Fat Per 100g (g) 2.06 Total Fat	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g)	Fibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0 > 25g of Sugar	te Per 100g (g) 0 0 r Per Serving Carbohydra te Per 100g (g) 0 r Per Serving	100g (g) 0 Nutrients of Sugar Per 100g (g) 0 Nutrients of	100g (mg) 54 One Portion Sodium Per 100g (mg) 69 One Portion	Recipe Portion (Kcal 108.9 109 109 Energy Per Recipe Portion (Kcal 45.1 45	Recipe Portion (g)	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g) 1.0 1.0	Recipe Portion (g) 3.3 3.3 3.3 3.3 Saturated Fat Per Recipe Portion (g) 0.3 0.3 Saturated Fat Per Recipe Recipe	Recipe Portion (g) 0.0 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Recipe	Recipe Portion (g) 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0	Sugar Per Perion (g) 0.0 Sugar Per Recipe POrtion (g) 0.0 Sugar Per Perion (g) 0.0 Sugar Per Perion (g)	(mg) 31.9 32 Sodium or Recipe Portion (mg) 33.1 33
Food Allergens Side 47 No. 1 Food Allergens Side 48	Beef site, part unspecified, raw Weight of Correals containing gluten Contained and contained products. Okideen Gizzard Dicken Gizzard Chicken Gizzard, raw Weight of Contained and Contained gluten Contained gluten Contained gluten Ingredients Don Site Ingredients Don Site Ingredients Don Site Ingredients Don Don Yi Fish Site, raw	S Beef Slice Combined Component S Beef Slice One Portion Combined Component S Combined Component	s Weight (g) 59.0 59.0 59.0 Eggs and eggs Fish and fish Component s Weight (g) 48.0 Eggs and egg Fish and fish Component s Weight (g) 62.3	(g) 59.0 g products products Weight of Prepration (g) 48.0 g products products Weight of Prepration (g) 62.3	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0 Weight of One Serving (g) 62.3	Parants, Supheshan and their pri holis and mila products Cooking Method/ Remarks Cooking Method/ Remarks Ingredient Names in Database Chickop gizamo, arctariasis Cooking Method/ Remarks Cooking Method/ Remarks	Data Source USDA Data Source USDA Data Source USDA	100g (kcal) 184.512 Tree nuts and Sulphites in c Energy Per 100g (kcal) 9 (kcal) 9 Tree nuts and Sulphites in c	100g (g) 20 d nut productioncentrates Protein Per 100g (g) 17.66 d nut productioncentrates	Per 100g (g) 11.7 Total Fat Per 100g (g) 2.06 Total Fat	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g) 0.529	Fibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0 > 25g of Sugar	te Per 100g (g) 0 b r Per Serving Carbohydra te Per 100g (g) 0 b r Per Serving Carbohydra te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sugar Per 100g (g) 0 Nutrients of Sugar Per 100g (g) 0 Nutrients of	100g (mg) 54 One Portion Sodium Per 100g (mg) 69 One Portion Sodium Per 110g (mg) 82	Recipe Portion (Kcal 108.9 109 109 Energy Per Recipe Portion (Kcal 45.1 45 Energy Per Recipe Portion (Kcal 57.2	Recipe Portion (g)	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g) 1.0 1.0 Total Fat Per Recipe Portion (g) 0.5	Recipe Portion (g) 3.3 3.3 3.3 3.3 Saturated Fat Per Recipe 0.3 0.3 0.3 Saturated Fat Per Recipe Portion (g) 0.1	Recipe Portion (g) Dietary Fibre Per Recipe 0.0 0.0 Dietary Fibre Per Recipe Portion (g) Dietary Control C	Recipe Portion (g) 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0	Portion (g)	Sodium er Recipe Portion (mg) 33.1 33 Sodium er Recipe Portion (mg) 51.1 Sodium er Recipe Portion (mg) 51.1
Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Food Allergens	Bed sites, part unspecified, see Weight of Coreals containing gluten Contained and crusteen products. Chicken Gazard Chicken Gazard Weight of Contained and Contained an	Combined Component 5 Beef Slice One Portion Combined Component 5 Combined Component 5 Com	s Weight (g) 59.0 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 Eggs and egg Fish and fish Component s Weight (g) 62.3 Eggs and egg Eggs and egg	(g) 59.0 g products products products weight of Prepration (g) 48.0 g products Weight of Prepration (g) 62.3 g products	Serving (g) 59.0 59.0 Weight of One Serving (g) 48.0 Weight of One Serving (g) 62.3 62.3	Peanuts, soybeans and their pri Miki and milk products Cooking Method/ Remarks Cooking Method/ Remarks Ingredient Names in Database Peanuts, soybeans and their pri Miki and milk products Cooking Method/ Remarks Ingredient Names in Database John donr, raw Peanuts, soybeans and their pri	Data Source USDA Data Source AUS Data Source AUS	100g (kcal) Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and Sulphites in c	Protein Per 100g (g) Protein Per 100g (g) 17.66 d nut product concentrates	Total Fat Per 100g (g) 2.06 Total Fat Per 100g (g) 2.06	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g) 0.529 Saturated Fat Per 100g (g) 0.21	Fibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0 > 25g of Sugar	te Per 100g (g) 0 Nr Per Serving Carbohydra te Per 100g 0 0 r Per Serving Carbohydra te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0 Nutrients of	100g (mg) 54 One Portion Sodium Per 100g (mg) 69 One Portion Sodium Per 100g (mg)	Recipe Portion (Kcal 108.9 109 109 Energy Per Recipe Portion (Kcal 45.1 45 Energy Per Recipe Portion (Kcal 57.2	Protein Per Recipe	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g) 1.0 Total Fat Per Recipe Portion (g)	Recipe Portion (g) 3.3 3.3 3.3 3.3 Saturated Fat Per Recipe Portion (g) 0.3 0.3 Saturated Fat Per Fat	Recipe Portion (g) 0.0 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 Dietary Fibre Per Recipe Portion (g) Dietary Fibre Per Recipe Portion (g)	Recipe Portion (g) 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g) Portion (g) Portion (g) Portion (g) Portion (g)	Portion (g)	Sodium or Recipe Portion (mg) 33.1 33.1 Sodium or Recipe Portion (mg) (mg) (mg)
No. 1 Food Allergens Side 47 No. 1 Food Allergens No. 1 Food Allergens	Beef allow, part unspecified, saw Weight of Cereals containing gluten Contained and contained products. Obsteen Gizzard Chicken Gizzard, rew Weight of Cereals containing gluten Contained and Containing gluten Contained and Containing gluten Containing gluten Contained and Containing gluten Contained and Containing gluten Contained with Sider, rew Weight of Containing gluten Contained and Containing gluten Containing gluten Co	Combined Component 5 Beef Slice One Portion Combined Component 5 Combined Component 5 Com	s Weight (g) 59.0 59.0 59.0 Eggs and egg Fish and fish Component s Weight (g) 48.0 Eggs and egg Fish and fish Component s Weight (g) 62.3 62.3	(g) 59.0 g products products products weight of Prepration (g) 48.0 g products Weight of Prepration (g) 62.3 g products	Serving (g) S9.0	Amounts, suppleases and their private and mile products. Cooking Method/ Remarks. Cooking Method/ Remarks. Ingredient Names in Database Chicocol, gramu, arcaioses, prants, sorbeans and their private and mile products. Cooking Method/ Remarks. Ingredient Names in Database John deny, raw. Fennats, sorbeans and their private and their private and mile products.	Data Source USDA Data Source AUS Data Source AUS	100g (kcal) 184-512 Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and Sulphites in c	Protein Per 100g (g) Protein Per 100g (g) 17.66 d nut product concentrates	Total Fat Per 100g (g) 2.06 Total Fat Per 100g (g) 2.06	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g) 0.529 Saturated Fat Per 100g (g) 0.21	Fibre Per 100g (g) 0 > 25g of Sugar Dietary Fibre Per 100g (g) 0 Dietary Fibre Per 100g (g) 0 Dietary Fibre Per 100g (g) 0	te Per 100g (g) 0 Nr Per Serving Carbohydra te Per 100g 0 0 r Per Serving Carbohydra te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) 0 Nutrients of Sugar Per 100g (g) 0 Nutrients of	100g (mg) 54 One Portion Sodium Per 100g (mg) 69 One Portion Sodium Per 110g (mg) 82	Recipe Portion (Kcal 108.9 109 109 Energy Per Recipe Portion (Kcal 45.1 45 Energy Per Recipe Portion (Kcal 57.2	Recipe Portion (g)	Per Recipe Portion (g) 6.9 6.9 Total Fat Per Recipe Portion (g) 1.0 1.0 Total Fat Per Recipe Portion (g) 0.5	Recipe Portion (g) 3.3 3.3 3.3 3.3 Saturated Fat Per Recipe 0.3 0.3 0.3 Saturated Fat Per Recipe Portion (g) 0.1	Recipe Portion (g) Dietary Fibre Per Recipe 0.0 0.0 Dietary Fibre Per Recipe Portion (g) Dietary Control C	Recipe Portion (g) 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0	Portion (g)	Sodium er Recipe Portion (mg) 33.1 33 Sodium er Recipe Portion (mg) 51.1 Sodium er Recipe Portion (mg) 51.1
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Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 49	Beef allow, part unspecified, saw Weight of Cereals containing gluten Contained and contained products. Contained and contained products. Chicken Gizzard Chicken Gizzard, reve Cereals containing gluten Containi	Beef Size Combined Component Beef Size Combined Component Component Component Component Component Component Component Component Size Combined Component Size Size Combined Component Size Size Combined Component Size Size Size Size Size Size Size Size	s Weight (g) S9.0 S9.0 S9.0 S9.0 S9.0 S9.0 S9.0 S9.0	(g) 59.0 g products products Weight of Prepration (g) 48.0 g products Weight of Prepration (g) 48.2 g products Weight of Prepration (g) 48.2 Weight of Prepration (g) 48.3 g products Weight of Prepration (g) 48.0	Weight of One Serving (g) 48.0 Weight of One Serving (g) 48.0 Weight of One Serving (g) 62.3 X Weight of One Serving (g) 38.2	Amounts, suppleases and their private and mile products. Cooking Method/ Remarks. Cooking Method/ Remarks. Ingredient Names in Database Chicocol, gramu, arcaioses, prants, sorbeans and their private and mile products. Cooking Method/ Remarks. Ingredient Names in Database John deny, raw. Fennats, sorbeans and their private and their private and mile products.	Source HPB oducts Data Source USDA oducts Data Source AUS Oducts	100g (kcal) Tree nuts and Sulphites in c Energy Per 100g (kcal) 94 Tree nuts and Sulphites in c Energy Per 10g (kcal) 91,778 Tree nuts and Sulphites in c	100g (g) 20 Protein Per 100g (g) 17.66 d nut product concentrates	Total Fat Per 100g (g) Total Fat Per 100g (g) 2.06 Total Fat Per 100g (g) Total Fat Per 100g (g) Total Fat	Saturated Fat Per 100g (g) S.6 Saturated Fat Per 100g (g) 0.529 Saturated Fat Per 100g (g) 0.21 Saturated Satu	Fibre Per 1 100g (g) 0 > 25g of Sugar Dietary Fibre Per 1 100g (g) 0 > 25g of Sugar Dietary Fibre Per 1 100g (g) 0 > 25g of Sugar	te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (g) 0 carbohydra te Per Serving	100g (g) Nutrients of Sugar Per 100g (g) 0 0 0 100g (g)	Sodium Per 100g (mg) 82 One Portion 69 One Portion 69 One Portion 69 One Portion 69 One Portion 82 One Portion 82 One Portion 82 One Portion 83 One Portion 83 One Portion 83 One Portion 83 One Portion 84 One Portion 85 Odium Per 100g (mg) 83 One Portion 85 Odium Per 100g (mg) 85 Odium Per 100g (mg	Recipe Portion (Kcal 108.9 109 109 109 Energy Per Recipe Portion (Kcal 45 45 Energy Per Recipe Fortion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57.2 57.2 57.2 57.2 57.2 57.2 57.2	Recipe	Per Recipe Portion (g) 6.9 6.9 6.9 6.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	Recipe Portion (g) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3	Recipe Portion (g) 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0	Recipe Portion (g) 0.0 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.1 0.1 0.1 0.1	Portion (g)	(mg) 31.9 32 Sodium sr Recipe Portion (mg) 33.1 33.3 Sodium sr Recipe Portion free
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Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 49 No. 1 Food Allergens	Beef allow, part unspecified, raw Weight of Cereals containing gluten Contacted in a contacted products. Disclared in a contacted products. Disclared Garand Contacted products. Chicken Garand , raw Weight of Cereals containing gluten Contacted in a contacted products. Ingredients Ingredients Debt Dony fish Silen, raw Weight of Cereals containing gluten Contacted in a contacted products. Param Ingredients Grey Param, raw Weight of Cereals containing gluten Contacted in a contacted products. Grey Param, raw Weight of Contacted in a contacted products. Grey Param, raw Weight of Contacted in a contacted products. Grey Param of contacted products.	Combined Component See Fortion Combined Component See Compone	s Weight (g) 59.0 59.0 59.0 59.0 59.0 59.0 59.0 59.0	(g) S9.0 g products products products Weight of Prepration (g) 48.0 g products Weight of Prepration (g) 48.0 g products products Weight of Prepration (g)	Weight of One Weight of On	Pennuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Milk and milk products	Source Data Source USDA Data Source USDA Data Source HPB	100g (kral) Tree nuts and Sulphites in c Energy Per 100g (kral) 1 Tree nuts and Sulphites in c Energy Per 100g (kral) 91.778 Tree nuts and Sulphites in c Energy Per 100g (kral) 91.778 Energy Per 100g (kral) 88.76	100 (g) 20 20 d nut productivates Protein Per 100 (g) 20 4 nut productivates Protein Per 100 (g) 20 6 Protein Per 100 (g) 20 6 Protein Per 100 (d) 4 6 Ref 100 (d) 4 6	Total Fat Per 100g (g) 11.7 Total Fat Per 100g (g) 0.8 Total Fat Per 100g (g) 0.6	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g) 0.529 Saturated Fat Per 200g (g) 0.21 Saturated Fat Per 100g (g) 0.21	Dietary Fibre Per 100g (g) 0	te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (a) 0 pr Per Serving Carbohydra te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) Nutrients of Sugar Per 100g (g) 0 0 0 100g (g)	Sodium Per 100g (mg) 82 One Portion 69 One Portion 69 One Portion 69 One Portion 69 One Portion 82 One Portion 82 One Portion 82 One Portion 83 One Portion 83 One Portion 83 One Portion 83 One Portion 84 One Portion 85 Odium Per 100g (mg) 83 One Portion 85 Odium Per 100g (mg) 85 Odium Per 100g (mg	Recipe Portion (Kcal 108.9 109 109 109 Energy Per Recipe Portion (Kcal 45 45 Energy Per Recipe Fortion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57.2 57.2 57.2 57.2 57.2 57.2 57.2	Recipe	Per Recipe Portion (g) 6.9 6.9 6.9 6.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	Recipe Portion (g) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3	Recipe Portion (g) 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0 0.0 Dietary Fibre Per Recipe Portion (g) 0.0 0.0	Recipe Portion (g) 0.0 0.0 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.0 0.0 Carbohyrat e Per Recipe Portion (g) 0.1 0.1 0.1 0.1	Portion (g)	(mg) 31.9 32 Sodium sr Recipe Portion (mg) 33.1 33.3 Sodium sr Recipe Portion free
Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 49 No. 1 Food Allergens	Beef allow, part unspecified, saw Weight of Cereals containing gluten Contention of the Contention of the Contention of the Contention and contention products. Chicken Gizzard . Chicken Gizzard . rew Weight of Cereals containing gluten Contentions and contentions gluten in the Contention of the Con	Combined Component See Fortion Combined Component Component Component Component Component Component Component See Fortion Combined Component See Fortion Component See Fortion Component See Fortio	s Weight (g. 59.0) 59.0 59.0 59.0 59.0 59.0 February State (g. 59.0) 59.0 59	(g) S9.0 g products products products Weight of Prepration (g) 48.0 g products Weight of Prepration (g) 48.0 g products products Weight of Prepration (g)	Weight of One Weight of On	Pennuts, sopheans and their pri tolik and mile products Cooking Method/ Remarks Cooking Method/ Remarks Ingredient Names in Database Unkker, gazaran, an casses, Pennuts, sopheans and their pri Noll and mile products Cooking Method/ Remarks Ingredient Names in Database John dory, raw Pennuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Ingredient Names in Database Pennuts, sopheans and their pri Pennuts sopheans and their pri Pennuts sopheans and their pri Prawn, king, raw	Source Data Source USDA Data Source USDA Data Source HPB	100g (kcal) Energy Per 100g (kcal) 94 Tree nuts and Sulphites in c Tree nuts and Sulphites in c Energy Per 100g (kcal) 91.778 Tree nuts and Sulphites in c	100 (g) 20 20 d nut productivates Protein Per 100 (g) 20 4 nut productivates Protein Per 100 (g) 20 6 Protein Per 100 (g) 20 6 Protein Per 100 (d) 4 6 Ref 100 (d) 4 6	Total Fat Per 100g (g) 11.7 Total Fat Per 100g (g) 0.8 Total Fat Per 100g (g) 0.6	Fat Per 100g (g) 5.6 Saturated Fat Per 100g (g) 0.529 Saturated Fat Per 200g (g) 0.21 Saturated Fat Per 100g (g) 0.21	Dietary Fibre Per 100g (g) 0	te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (g) 0 pr Per Serving Carbohydra te Per 100g (a) 0 pr Per Serving Carbohydra te Per 100g (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) Nutrients of Sugar Per 100g (g) 0 0 0 100g (g)	Sodium Per 100g (mg) 82 One Portion 69 One Portion 69 One Portion 69 One Portion 69 One Portion 82 One Portion 82 One Portion 82 One Portion 83 One Portion 83 One Portion 84 One Portion 85 Odium Per 100g (mg) 83 One Portion 85 Odium Per 100g (mg) 350 One Portion 95 Odium Per 100g (mg) 350 One Portion 95 Odium Per 100g (mg) 350 Odium Per 100	Recipe Portion (Kcal 108.9 109 109 109 Energy Per Recipe Portion (Kcal 45 45 Energy Per Recipe Fortion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 57.2 57 Energy Per Recipe Portion (Kcal 33.9	Recipe	Per Recipe Portion (g) 6.9 6.9 6.9 6.9 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	Recipe Portion (g) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.	Recipe Dietary Fibre Per Recipe 0.0 0.0 0.0 Dietary Fibre Per Recipe 0.0 0.0 0.0 Dietary Fibre Per Recipe 0.0 0.0 0.0	Recipe 0.0 0.0 0.0 Carbohynte e Per Recipe 0.0 0.0 Carbohynte e Per Recipe e Per Recipe e Per Recipe e Per Recipe 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Portion (g) 0.0 0.	(mg) 31 9 32 32 33 19 32 32 32 33 19 32 32 32 32 32 32 32 32 32 32 32 32 32
Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 49 No. 1 Food Allergens	Beef allow, part unspecified, raw Weight of Cereals containing gluten Contacted in a contacted products. Disclared in a contacted products. Disclared Garand Contacted products. Chicken Garand , raw Weight of Cereals containing gluten Contacted in a contacted products. Ingredients Ingredients Debt Dony fish Silen, raw Weight of Cereals containing gluten Contacted in a contacted products. Param Ingredients Grey Param, raw Weight of Cereals containing gluten Contacted in a contacted products. Grey Param, raw Weight of Contacted in a contacted products. Grey Param, raw Weight of Contacted in a contacted products. Grey Param of contacted products.	Seed Size One Portion Seed Size One Portion Combined Component Seed Size One Portion Combined Component Seed Size One Portion Combined Component Seed Size One Portion Seed Seed Size One Portion Seed	s Weight (g. 59.0) 59.0 59.0 59.0 59.0 59.0 February State (g. 59.0) 59.0 59	September 20 Septe	Serving (g) Weight of One Control (g) X Weight of One Control (g) X Weight of One Control (g) Weight of One Control (g) X	Pennuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Milk and milk products	Source Data Source LISDA Data Source LISDA Data Source AIS	100g (iceal) 1846-512 Tree muts are 1850g (iceal) 1850g (i	100g (g) 20 20 40 nut production for the production	Total Fet Total Fet Per 100s (g) 2.06 Total Fet Per 100s (g) 0.8 Total Fet Per 100s (g) 0.8	Fat Per 100e (g) 5.6	Fibre Per Dietary Dietary Dietary Fibre Per	to Per 100g (g) 0 1 Per Senoring Carbohydra	100g (g) 0 0 0 0 Sugar Per 100g (g) 0 0 0 0 100g (g) 0 1	100g (mg) 54 One Portion Sodium Per Sodium	Recipe Periton (Edit 109.3) 109 109 Levery Per Recipe Portion (Edit 45.1 45.2 57.2 57.2 57.2 57.2 57.2 57.2 57.2 5	Recipe Protein Per Protein Per Recipe B Protein Per Recipe Protein Per Recipe Portein 1.8 12.8 Protein Per Recipe	Per Recipe Per	Recipe R	Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Recipe Ontion (g) On O.O. O.O. Carbohyute Portion (g) On Portion (g) On O.O. Carbohyute On O.O. O.O. Carbohyute On Portion (g) On O.O. O.O. Carbohyute On Portion (g) On O.O. O.O. O.O. O.O. O.O. O.O. O.O. O	Sugar Per Pertino (a)	(mg) 31 9 32 32 32 33 3 3 9 32 32 32 32 32 32 32 32 32 32 32 32 32
Food Allergens Side 47 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 48 No. 1 Food Allergens Side 50 No. 1	Beef allow part unspecified, saw Weight of Cereals containing gluten Contained and contained products. Obschen Gizzard Chicken Gizzard , rew Weight of Cereals containing gluten Contained and Containing gluten Contained and Containing gluten Containing gluten Cereals containing	Beef Sice One Portion Combined Component Beef Sice One Portion Combined Component America America Component Prom One Portion X Combined Component X	s Weight (g. 59.0) 59.0 59.0 59.0 59.0 59.0 February State (g. 59.0) 59.0 59	groducts Weight of Preparation (g) 480 products Weight of Preparation (g) 480 products Weight of Preparation (g) 232 products Weight of Preparation (g) 332 products Weight of Preparation (g) 332 products	Serving (g) Serving (g) Serving (g) Weight of One Serving (g) 48.0 Weight of One (g) X Weight of One (g) X Weight of One (g) 38.2 38.2 Weight of One (g)	Pennuts, sopheans and their pri Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Lingredient Names in Database Pennuts, sopheans and their pri Milk and milk products	Source Data Source USDA Data Source USDA Data Source HPB	190g (heal) 1845:12 Tree mus and Supplies in Congress of the Supplies in Congress of t	100g (g) 20 20 20 20 20 20 20 20 20 20 20 20 20 2	Per 100g (g) 11.7	Fat Per 100e (e) 5.6 Saturated Fat Per 100e (e) 0.519 Saturated Fat Per 100e (e) 0.21 Saturated Fat Per 100e (e) 0.22	Fibre Per Dietary Dietary Dietary Fibre Per	to Per 100g (g) Carbohydra to Per Serving Carbohydra to Per Serving Carbohydra to Per 100g (g) D Per Serving Carbohydra O O O O O O O O O O O O O	100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 3	100g (mg) 54 Sodium Pererion	Recipe Periton (Ed. 105.) 109 Investigation of the second	Recipe Perden (pl. Perden Perd	Per Recipe 6.9 6.9 6.9 Total Fet Per Recipe 1.0 1.0 Total Fet Per Recipe Portion (g) 0.5 0.5 0.5 0.5 0.5	Recipe Portion (g) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.	Recipe Dietary Fibre Per Portion (g) 0.0 0.0 Dietary Fibre Per Recipe Portion (d) 0.0 0.0 Dietary Fibre Per Recipe Portion (d) 0.0 0.0 Dietary Fibre Per Recipe Portion (d) 0.0 0.0 Dietary Fibre Per Recipe Dietary Fibre Per Recipe Dietary Fibre Per Die	Recipe O. O.D O.D Carbohyrat e Per Recipe e Per Recipe O. O. O. O. Carbohyrat e Per Recipe Perton (g) O. O. O. O. Carbohyrat e Per Recipe Perton (g) O. O. O. Carbohyrat e Per Recipe Perton (g) O. O. Carbohyrat e Per Recipe O. O. O. Carbohyrat e Per Recipe Carbohyrat e Per Recipe Carbohyrat e Per Recipe O.	Sugar Per Pertino (g)	(mg) 31 9 32 32 32 33 1 9 32 32 32 32 32 32 32 32 32 32 32 32 32
Food Allergens No. 1 Food Allergens No. 1 Food Allergens No. 1 Food Allergens Side 48 No. 1 Food Allergens No. 1 Food Allergens No. 1 Food Allergens No. 1 Food Allergens	Beef allow, part unspecified, saw Weight of Cereals containing gluten Contained and contained products. Chicken Gizzard Chicken Chicken Gizzard Chicken Chicke	Bertisce One Portion Combined Component and Bertisch Combined Component Summary Component Compon	s weight (g.) 59.0 59.0 59.0 59.0 59.0 59.0 59.0 59.0	Se products Weight of Preparation Weight of	Serving (g) . Weight of One Serving (g) . Weight of One 44.0 Weight of One 6.2 Weight of One 6.3 Weight of One 5.3 Weight of One 5.3 Weight of One 5.3 X	Parants, Sophana and their pro- bilis and milk products Cooking Method/ Remarks Lingredient Names in Database Unknown of their products Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Parants, Sophana and their pro- Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Prawn, king, raw Fezents, sophana and their pro- Milk and milk products Cooking Method/ Remarks	Source Data Source Dota Source Dota Source Dota Source Dota Source HPB Data Source HPB	190g (heal) 184512 Tree must are substituted in the foreign Per 190g (heal) 1916 (heal) 19	100g (g) 20 20 40 nut product rates Protein Per 1100g (g) 20 20 40 nut product rates 1100g (g) 20 40 nut product rates 120 nut produ	Per 100g (g) 11.7	Fat Per 100g (g) 5.6	Fibre Per 100g (g) 100g (g)	to Per 200g 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 3	100g (mg) 54 One Portion Sodium Per 100g (mg) One Portion 100g (mg) 35 One Portion 100g (mg) 55 Sodium Per 100g (mg)	Recipe Periton (Ed. 105.) 109 Investigation of the second	Recipe Protein Per Protein Per Recipe Per Recipe Pe	Per Recipe G. 9 G. 9 Total Fat Per Recipe Per Rec	Recipe Pertion (g) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.	Recipe Portion (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Recipe 0.0 0.0 0.0 0.0 Carbohyrat e Per Recipe 0.0 0.0 0.0 Carbohyrat e Per Recipe 0.0 0.0 0.0 0.0 Carbohyrat e Per e Pe	Portion (g) 0.0 0.	(mg) 32 33 1.9 32 32 33 1.9 32 32 32 32 32 32 32 32 32 32 32 33 33
Food Allergens No. 1 Food Allergens	Beef allow part unspecified, saw Weight of Cereals containing gluten Contained and Containing gluten Containing gluten and Containing gluten Containing gluten and Containing gluten Con	Berd Sice One Portion Combined Component June 1000 Combined Component June 1000 Combined Component June 1000 Combined Component X Combined Component X	s weight (g. 55.0) Component s weight (g. 61.0) Component s weight (g. 61.0) Component s weight (g. 61.0) Solution so	Se products Weight of Preparation Weight of	Serving (g)	Pearunts, suppleants and their pri holis and mills products Cooking Method/ Remarks Cooking Method/ Remarks Ingredient Names in Database Concept of their price of thei	Source Data Source USDA Data Source HPB	190g (heal) 1845:12 Tree rusts are 190g (heal) 190g (heal) 191g (h	100g (g) 20 20 40 nut product rates Protein Per 1100g (g) 20 20 40 nut product rates 1100g (g) 20 40 nut product rates 120 nut produ	Per 100g (g) 11.7	Fat Per 100e (e) 5.6 Saturated Fat Per 100e (e) 0.519 Saturated Fat Per 100e (e) 0.21 Saturated Fat Per 100e (e) 0.22	Fibre Per 1 Dietary 1 Fibre Per 2 Dietary 1 Fibre Per 3 Dietary 1 Fibre Per 1	to Per 200g 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 3	100g (mg) 54 Sodium Pererion	Recipe Periton (Ed. 105.) 109 Investigation of the second	Recipe Protein Per Recipe Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 12.8 Protein Per Recipe 13.8 Protein Per Reci	Per Recipe Total Fet Per Recipe Portion (g) 1.0 Total Fet Per Recipe Portion (g) 1.0 Total Fet Per Recipe Portion (g) 0.2 0.2 1.0 Total Fet Per Recipe Per Recipe Portion (g) 0.2 0.2 1.0 Total Fet Per Recipe 0.3	Recipe Portion (s) 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.3 3.	Recipe Detton [g] Dietary Fibre Per Portion [g] Dietary Fibre Per Portion [g] Dietary Fibre Per Recipe Detton [g] Dietary Fibre Per Recipe Do 0.0	Recipe O.0	Portion (g) 0.0 0.	(mg) 32 31 9 32 32 31 9 32 32 32 33 19 9 32 32 32 32 32 32 32 32 32 32 32 32 32
Food Allergens No. 1 Food Allergens	Beef allow, part unspecified, saw Weight of Cereals containing gluten Contained and contained products. Chicken Gizzard Chicken Chicken Gizzard Chicken Chicke	Bertisce One Portion Combined Component and Bertisch Combined Component Summary Component Compon	s weight (g.) 59.0 59.0 59.0 59.0 59.0 59.0 59.0 59.0	Se products Weight of Preparation Weight of	Serving (g)	Parants, Sophana and their pro- bilis and milk products Cooking Method/ Remarks Lingredient Names in Database Unknown of their products Cooking Method/ Remarks Cooking Method/ Remarks Lingredient Names in Database Parants, Sophana and their pro- Milk and milk products Cooking Method/ Remarks Lingredient Names in Database Prawn, king, raw Fezents, sophana and their pro- Milk and milk products Cooking Method/ Remarks	Source Data Source USDA Data Source HPB Data	190g (heal) 184512 Tree must are substituted in the foreign Per 190g (heal) 1916 (heal) 19	100g (g) 20 20 40 nut product	Per 100g (g) 11.7	Fat Per 100e (e) 5.6 Saturated Fat Per 100e (e) 0.519 Saturated Fat Per 100e (e) 0.21 Saturated Fat Per 100e (e) 0.22	Fibre Per 1 Dietary 1 Fibre Per 2 Dietary 1 Fibre Per 3 Dietary 1 Fibre Per 1	to Per 200g 0 0 0 0 0 0 0 0 0 0 0 0	100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 Sugar Per 1100g (g) 0 3	100g (mg) 54 Sodium Pererion	Recipe Periton (Ed. 105.) 109 Investigation of the second	Recipe Protein Per Recipe Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 112.8 Protein Per Recipe 12.8 Protein Per Recipe 13.8 Protein Per Reci	Per Recipe Total Fet Per Recipe Portion (g) 1.0 Total Fet Per Recipe Portion (g) 1.0 Total Fet Per Recipe Portion (g) 0.2 0.2 1.0 Total Fet Per Recipe Per Recipe Portion (g) 0.2 0.2 1.0 Total Fet Per Recipe 0.3	Recipe Pertion (g) 3.3 3.5 Saturated	Recipe Perton (g) 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.	Recipe Portion (g) 0.0 0.8 Carbohyrat e fer portion (g) 0.1 0.1 0.1 1.7 1.7 1.7	Sugar Per Sugar Per Per	(mg) 32 33 31 9 32 32 32 33 31 9 32 32 33 31 9 32 33 31 9 32 33 31 9 33 31 9 33 31 9 33 31 9 33 31 9 33 31 9 33 31 9 33 31 9 33 31 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 33 9 3
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