

Canteen	TECHNO EDGE
Stall Num	Stall 10
Food Type	Ramen
Operator	Indonesian Express Pte Ltd

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

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

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

Dish 4 Seafood Spinach Soup (Small Portion)						Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone	Soup Base	283.6	10005.0	14.6	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	11.1	0.0
2	Licorice, Dried			79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger			0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.0	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar	Seafood Spinach Soup		14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Crabmeat			7.5	4.5	Imitation Crabmeat (Po) - Crabmeat	MFP	80	6	3.6	0.3
11	Prawn, deshell			20.0	12.0	Shrimp, steamed or boiled	USDA	91	0	10.9	0.0
12	Minced Pork			51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0
13	Sharp Spinach			28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0
14	Shimeiji Mushroom			21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0
15	Spring Onion			1.7	1.0	Onions, spring or scallions (includes tops	USDA	32	2.33	0.3	0.0
Weight of One Portion			283.6		283.6	Nutrients of One Portion			1130		
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products		X	
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates of 10mg/kg d			
Others		> 25g of Sugar Per Serving		Partially Hydrogenated Oils							

Dish 5 Sliced Fish Spinach Soup (Regular)						Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Bone	Soup Base	511.4	10005.0	24.4	Homemade - Chicken Bone Soup Stock (MFP	75.9	0	18.5	0.0
2	Licorice, Dried			79.6	0.2	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0
3	Peppercorn			52.4	0.1	PEPPERCORNS	USDA	250	0	0.3	0.0
4	Old Ginger			4.9	0.0	GINGER	USDA	125	0	0.0	0.0
5	Blue Ginger			0.7	0.0	GINGER	USDA	125	0	0.0	0.0
6	Chicken Seasoning Powder			0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0
7	Salt			20.9	0.1	Salt, table	HPB	0	0	0.0	0.0
8	Water			130023.0	317.1	Water, tap	USDA	0	0	0.0	0.0
9	Rock Sugar	Sliced Fish Spinach Soup		14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0
10	Snakehead Fish Slice			60.2	60.2	OceanJack - Snakehead fish slice	MFP	97.7	0	58.8	0.0
11	Potato Starch			0.3	0.3	POTATO STARCH	USDA	344	0	1.0	0.0
12	Water			5.1	5.1	Water, tap	USDA	0	0	0.0	0.0
13	Salt			0.6	0.6	Salt, table	HPB	0	0	0.0	0.0
14	Minced Pork			51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
15	Sharp Spinach			28.7	28.7	Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
16	Shimeiji Mushroom			21.6	21.6	555 - stir fried shimeiji mushrooms	MFP	34.7	0	7.5	0.0
17	Spring Onion			1.7	1.7	Onions, spring or scallions (includes tops	USDA	32	2.33	0.5	0.0
Weight of One Portion			511.4		511.4	Nutrients of One Portion			224	0	
Food		Cereals containing gluten		Eggs and egg products		Peanuts, soybeans and their products		Tree nuts and nut products			
Allergens		Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates of 10mg/kg d			
Others		> 25g of Sugar Per Serving		Partially Hydrogenated Oils							

2	Licorice, Dried	306.8	79.6	0.1	Licorice Allsorts - Licorice	MFP	52.5	3	0.1	0.0	
3	Peppercorn		52.4	0.1	PEPPERCORNS	USDA	250	0	0.2	0.0	
4	Old Ginger		4.9	0.0	GINGER	USDA	125	0	0.0	0.0	
5	Blue Ginger		0.7	0.0	GINGER	USDA	125	0	0.0	0.0	
6	Chicken Seasoning Powder		0.6	0.0	Knorr - Chicken Seasoning Powder	MFP	225	0	0.0	0.0	
7	Salt		20.9	0.0	Salt, table	HPB	0	0	0.0	0.0	
8	Water		130023.0	190.3	Water, tap	USDA	0	0	0.0	0.0	
9	Rock Sugar		14.4	0.0	ROCK SUGAR	USDA	400.0	100	0.1	0.0	
10	Snakehead Fish Slice		60.2	36.1	OceanJack - Snakehead fish slice	MFP	97.7	0	35.3	0.0	
11	Potato Starch		0.3	0.2	POTATO STARCH	USDA	344	0	0.6	0.0	
12	Water		5.1	3.1	Water, tap	USDA	0	0	0.0	0.0	
13	Salt		0.6	0.4	Salt, table	HPB	0	0	0.0	0.0	
14	Minced Pork		51.2	30.7	Minced/Ground - Pork	MFP	263	0	80.8	0.0	
15	Sharp Spinach		28.7	17.2	Fresh - Sharp Spinach	MFP	8.7	0	1.5	0.0	
16	Shimeiji Mushroom		21.6	13.0	555 - stir fried shimeiji mushrooms	MFP	34.7	0	4.5	0.0	
17	Spring Onion		1.7	1.0	Onions, spring or scallions (includes top)	USDA	32	2.33	0.3	0.0	
Weight of One Portion			306.8	306.8	Nutrients of One Portion					134	0
Food	Cereals containing gluten		Eggs and egg products		X	Peanuts, soybeans and their products		Tree nuts and nut products		X	
Allergens	Crustacean and crustacean products	X	Fish and fish products		X	Milk and milk products		Sulphites in concentrates of 10mg/kg d			
Others	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								

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

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

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

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

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

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

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

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

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

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

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

Food Allergens Others	Cereals containing gluten		Eggs and egg products	X	Peanuts, soybeans and their products		Tree nuts and nut products				
	Crustacean and crustacean products		Fish and fish products		Milk and milk products		Sulphites in concentrates of 10mg/kg d				
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 3 Salted Egg (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Salted Egg	Salted Egg	5.6	5.6	5.6	COOKED SALTED DUCK EGG	USDA	125	0	7.0	0.0
		Weight of One Portion	5.6		5.6			Nutrients of One Portion		7	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products		X	Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 4 Wolfberry (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Wolfberry	Wolfberry	2.4	2.4	2.4	Goji berries, dried	USDA	349	45.61	8.4	1.1
		Weight of One Portion	2.4		2.4			Nutrients of One Portion		8	1
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 5 Spinach (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Spinach	Spinach	28.7	28.7	28.7	Blanched / Fresh - Sharp Spinach	MFP	8.7	0	2.5	0.0
		Weight of One Portion	28.7		28.7			Nutrients of One Portion		2	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 6 Minced Pork (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Minced Pork	Stir Fried Minced Pork	51.4	51.2	51.2	Minced/Ground - Pork	MFP	263	0	134.7	0.0
2	Sunflower Oil			0.2	0.2	Natura Sunflower Oil - Sunflower Oil	MFP	813.3	0	1.6	0.0
		Weight of One Portion	51.4		51.4			Nutrients of One Portion		135	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 7 Sliced Fish (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Snakehead Fish Slice	Spinach	60.2	60.2	60.2	OceanJack - Snakehead fish slice	MFP	97.7	0	58.8	0.0
		Weight of One Portion	60.2		60.2			Nutrients of One Portion		59	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products		X	Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 8 Fried Fish (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Fried Dory Fish	Fried Dory fish	60.2	61.8	61.8	Homemade - Dory Fish, Floured and Frie	MFP	189	0	116.8	0.0
		Weight of One Portion	60.2		61.8			Nutrients of One Portion		117	0
Food Allergens Others	Cereals containing gluten	X	Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products		X	Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 9 Prawns (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Prawn, deshellled	Prawns	60.2	60.2	60.2	Shrimp, steamed or boiled	USDA	91	0	54.8	0.0
		Weight of One Portion	60.2		60.2			Nutrients of One Portion		55	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products	X	Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 10 Chicken Cheeseballs (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Chicken Cheese Ball	Chicken Cheeseball	67.3	67.3	67.3	Beachbody - Chicken Cheese Ball	MFP	140	8	94.2	5.4
		Weight of One Portion	67.3		67.3			Nutrients of One Portion		94	5
Food Allergens Others	Cereals containing gluten	X	Eggs and egg products		X	Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products	X	Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 11 Fuzhou Fishballs (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Fuzhou Fishball	Chicken Cheeseball	70.1	70.1	70.1	Beachbody - Chicken Cheese Ball	MFP	133.3	8	93.4	5.6
		Weight of One Portion	70.1		70.1			Nutrients of One Portion		93	6
Food Allergens Others	Cereals containing gluten	X	Eggs and egg products		X	Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products		X	Milk and milk products	X	Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 12 Sliced Beef (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Beef, Shin	Grilled Beef	58.6	50.0	50.0	Beef, New Zealand, imported, hind shin,	USDA	196	0	98.0	0.0
2	Cinnamon			0.1	0.1	Minced/Ground - Pork	MFP	263	0	0.3	0.0
3	Star Anise			0.1	0.1	Spices, anise seed	USDA	337	0	0.3	0.0
4	Blue Ginger			0.2	0.2	GINGER	USDA	125	0	0.3	0.0
5	Garlic			0.1	0.1	Garlic	MFP	149	10	0.1	0.0
6	Rock Sugar			0.4	0.4	ROCK SUGAR	USDA	400.0	100	1.6	0.4
7	Light Soy Sauce			7.5	7.5	Kikkoman Light Color Soy Sauce - Soy Sa	MFP	66.7	0	5.0	0.0
8	Sunflower Oil			0.2	0.2	Natura Sunflower Oil - Sunflower Oil	MFP	813.3	0	1.6	0.0
		Weight of One Portion	58.6		58.6			Nutrients of One Portion		107	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products	X	Tree nuts and nut products		X	
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 13 White Rice (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	White Rice	White Rice	180.2	180.2	180.2	Rice, white, cooked, no added fat	USDA	129	0.1	232.5	0.2
		Weight of One Portion	180.2		180.2			Nutrients of One Portion		232	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 14 Thick Bee Hoon (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Thick Bee Hoon	Thick Bee Hoon	198.5	198.5	198.5	Hock Hin - Thick Bee Hoon	MFP	139	0	275.9	0.0
		Weight of One Portion	198.5		198.5			Nutrients of One Portion		276	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								
Side 15 Thin Bee Hoon (side)					Cooking Method/ Remarks						
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Thin Bee Hoon	Thick Bee Hoon	199.0	199.0	199.0	Hawker - Fried Bee Hoon	MFP	126	0	250.7	0.0
		Weight of One Portion	199.0		199.0			Nutrients of One Portion		251	0
Food Allergens Others	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			

Others		> 25g of Sugar Per Serving		Partially Hydrogenated Oils							
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Side 16 Brown Rice (side)						Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Brown Rice	Brown Rice	178.5	178.5	178.5	Rice, brown, cooked, no added fat	USDA	122	0.24	217.8	0.4
		Weight of One Portion	178.5		178.5			Nutrients of One Portion		218	0
Food	Cereals containing gluten		Eggs and egg products			Peanuts, soybeans and their products		Tree nuts and nut products			
Allergens	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
Others	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								

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

Side 18 Ee Mee (side)						Cooking Method/ Remarks					
No.	Ingredients	Combined Components	Components Weight (g)	Weight of Preparation (g)	Weight of One Serving (g)	Ingredient Names in Database	Data Source	Energy Per 100g (kcal)	Sugar Per 100g (g)	Energy Per Recipe Portion (Kcal)	Sugar Per Recipe Portion (g)
1	Ee Mee	Ee Mee	75.4	75.4	75.4	Ee Kee - Noodles (Yee Mee)	MFP	500	2.8	377.0	2.1
		Weight of One Portion	75.4		75.4			Nutrients of One Portion		377	2
Food	Cereals containing gluten	X	Eggs and egg products		X	Peanuts, soybeans and their products		Tree nuts and nut products			
Allergens	Crustacean and crustacean products		Fish and fish products			Milk and milk products		Sulphites in concentrates of 10mg/kg d			
Others	> 25g of Sugar Per Serving		Partially Hydrogenated Oils								

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