

Nutritional information (Approximate values)

Food

Dish	Serving/ offering size (g)	Energy (kcal)	Carbo- hydrates (g)	Total Sugars as Sucrose (g)	Added Sugars (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Vitamin D (mcg/kg)
Vegetable biryani with curd	Amount per 100gms	114.01	19.73	1.66	0	2.18	2.93	0.89	0	2.15	333	1.32	0
	Amount per serving	495.94	85.83	7.22	0	9.48	12.75	3.87	0	9.35	1448.55	5.74	0
	% RDA(per serve)	24.80%	-	-	0	-	19.02%	17.60%	0	-	72.40%	-	-
Biryani with chicken tikka and curd	Amount per 100gms	127.45	19.76	2.12	0.68	4.18	3.21	0.38	0	14.15	289.09	1.13	0
	Amount per serving	554.41	85.96	9.22	2.96	18.18	13.56	1.55	0	61.55	1257.54	4.92	0
	% RDA(per serve)	27.72%	-	-	5.92%	-	20.84%	7.51%	0	-	62.90%	-	-
Biryani with salmon fillet and curd	Amount per 100gms	126.22	18.95	1.92	0.97	4.64	3.54	0.92	0	21.85	300.31	1.05	0
	Amount per serving	580.61	87.17	8.83	4.46	21.34	16.28	4.23	0	100.51	1381.43	4.83	0
	% RDA(per serve)	29.03%	-	-	8.92%	-	24.30%	19.24%	0	-	69.30%	-	-
Chicken Meat balls (12 pieces)	Amount per 100gms	122.14	18.96	3.1	1.7	4.49	5.1	0.34	0	19.24	258.42	1.16	0
	Amount per serving	677.88	105.23	17.21	9.44	24.92	28.31	1.89	0	106.78	1434.23	6.44	0
	% RDA(per serve)	33.89%	-	-	18.87%	-	42.25%	8.58%	0	-	71.70%	-	-
Veggie balls (12 pieces)	Amount per 100gms	121.51	16.98	2.75	1.8	3.43	4.43	0.82	0	0	271.22	1.6	0
	Amount per serving	674.38	94.24	15.26	9.99	19.04	24.59	4.55	0	0	1505.27	8.88	0
	% RDA(per serve)	33.72%	-	-	19.98%	-	36.70%	20.60%	0	-	75.30%	-	-
Paneer butter masala with rice	Amount per 100gms	142.99	23.61	2.34	0.87	4.51	3.39	1.19	0	37.46	294.45	0.98	0
	Amount per serving	700.651	115.689	11.466	4.263	22.099	16.611	5.635	0	183.554	1442.805	4.802	0
	% RDA(per serve)	35.03%	-	-	8.53%	-	24.79%	25.67%	0	-	72.90%	-	-
Kadai Paneer with Rice	Amount per 100gms	158.1	20.37	3.05	1.16	3.18	7.1	1.96	0	23.21	300.31	1.15	0
	Amount per serving	774.69	99.81	14.95	5.68	15.58	34.79	9.11	0	113.73	1471.52	5.64	0
	% RDA(per serve)	38.73%	-	-	11.37%	-	51.93%	41.43%	0	-	73.60%	-	-
Chicken Tikka masala and Rice	Amount per 100gms	146.23	18.95	2.34	1.34	4.4	5.87	1.88	0	3.2	281.56	1.46	0
	Amount per serving	760.4	98.54	12.17	6.97	22.88	30.52	9.78	0	16.64	1464.11	7.59	0
	% RDA(per serve)	38.02%	-	-	13.94%	-	45.56%	46.44%	0	-	73.20%	-	-
Kadai Chicken with rice	Amount per 100gms	136.38	22.46	3.5	1.5	4.12	3.34	1.47	0	210.46	276.91	1.71	0
	Amount per serving	709.18	116.79	18.2	7.8	21.42	17.37	7.64	0	1094.39	1439.93	8.89	0
	% RDA(per serve)	35.46%	-	-	15.60%	-	25.52%	34.75%	0	-	72.00%	-	-
Dal Makhani with rice	Amount per 100gms	125.84	22.47	0	0	2.39	2.6	1.92	0	38.46	271.75	1.6	0
	Amount per serving	655.62	115	0	0	11.71	17.64	9.41	0	188.45	1331.58	7.84	0
	% RDA(per serve)	33.28%	-	-	0	-	26.33%	42.76%	0	-	66.60%	-	-
Salmon fillet	Amount per 100gms	174.88	7.11	0	0	13.84	10.12	0.59	0	44.21	456.69	2.04	0
	Amount per serving	542.13	22.04	0	0	42.9	31.37	1.83	0	137.05	1415.74	6.32	0
	% RDA(per serve)	27.11%	-	-	0	-	46.82%	8.31%	0	-	70.80%	-	-
Salmon curry with rice	Amount per 100gms	161.42	14.24	1.51	1.51	4.92	4.42	1.47	0	103.46	229.11	1.85	0
	Amount per serving	1008.88	89	9.44	9.44	30.75	27.63	9.19	0	646.63	1431.94	11.56	0
	% RDA(per serve)	50.44%	-	-	18.88%	-	41.23%	41.76%	0	-	71.60%	-	-
Poha	Amount per 100gms	183.53	32.88	1.81	1.81	1.28	5.21	1.96	0	0	650.19	1.27	0
	Amount per serving	376.24	67.4	3.71	3.71	2.62	10.68	4.02	0	0	1332.89	2.6	0
	% RDA(per serve)	18.81%	-	-	7.42%	-	15.94%	18.26%	0	-	66.60%	-	-
Ugna with pickle	Amount per 100gms	110.02	18.9	1.19	1.19	1.72	3.06	0.48	0	0	633.91	0.83	0
	Amount per serving	242.04	41.58	2.62	2.62	3.78	6.73	1.06	0	0	1394.6	1.83	0
	% RDA(per serve)	12.95%	-	-	5.24%	-	10.65%	4.80%	0	-	69.70%	-	-
Chicken nuggets	Amount per 100gms	289.58	23.65	1.81	1.81	13.6	15.62	2.12	0	30.14	1125.72	0.63	0
	Amount per serving	333.02	27.2	2.08	2.08	15.64	17.96	2.44	0	34.66	1294.58	0.72	0
	% RDA(per serve)	16.65%	-	-	4.16%	-	26.81%	11.08%	0	-	64.70%	-	-
Potato wedges	Amount per 100gms	197.79	35.79	0	0	1.98	5.19	1.22	0	0	1521.67	1	0
	Amount per serving	178.01	32.21	0	0	1.78	4.67	1.1	0	0	1365.5	0.9	0
	% RDA(per serve)	8.90%	-	-	0	-	6.97%	4.99%	0	-	68.50%	-	-
Green Salad	Amount per 100gms	44	8.93	0	0	1.6	0.22	0	0	0	45.3	1.9	0
	Amount per serving	96.8	19.65	0	0	3.52	0.48	0	0	0	99.66	4.18	0
	% RDA(per serve)	5%	-	-	0	-	0.72%	0	0	-	5%	-	-
Fruit Salad	Amount per 100gms	37	5.32	2.5	0	3.16	0.34	0	0	0	11.86	1.31	0
	Amount per serving	96.2	13.83	6.5	0	8.22	0.88	0	0	0	30.84	3.41	0
	% RDA(per serve)	5%	-	-	0	-	1.32%	0	0	-	2%	-	-
Salmon Wrap	Amount per 100gms	143	14.58	0	0	13.29	8.05	2	0	15	406.7	0	0
	Amount per serving	224.51	22.89	0	0	20.87	12.64	3.14	0	23.55	638.52	0	0
	% RDA(per serve)	11%	-	-	0	-	18.86%	14.27%	0	-	32%	-	-
Vegetable Wrap	Amount per 100gms	143	18.12	0	0	5.26	5.52	0.56	0	0	291.61	0	0
	Amount per serving	264.55	33.52	0	0	9.73	10.21	1.04	0	0	539.48	0	0
	% RDA(per serve)	13%	-	-	0	-	15.24%	4.71%	0	-	27%	-	-
Shahi Badam Slice	Amount per 100gms	330	18.12	20.17	17.31	6.6	7.89	0.31	0	0	208.47	1.71	0
	Amount per serving	231	12.68	14.12	12.12	4.62	5.52	0.22	0	0	145.93	1.2	0
	% RDA(per serve)	12%	-	-	24.23%	-	8.24%	0.99%	0	-	7%	-	-
Chocolate cake	Amount per 100gms	350	50.86	28.75	25.92	5.22	13.95	2.56	0	42	204.71	2.33	0
	Amount per serving	429	61.03	34.5	31.1	6.26	16.74	3.07	0	50.4	245.65	2.8	0
	% RDA(per serve)	21%	-	-	62.21%	-	24.99%	13.96%	0	-	12%	-	-
Small Ciabatta	Amount per 100gms	283	57.16	0	0	10.97	1.16	0	0	0	427.93	1	0
	Amount per serving	113.2	22.86	0	0	4.39	0.46	0	0	0	171.17	0.39	0
	% RDA(per serve)	6%	-	-	0.00%	-	0.69%	0.00%	0	-	9%	-	-
Mini butter croissant	Amount per 100gms	401	45.44	5.46	0	9.96	19.95	8.11	0	35	338.05	1.5	0
	Amount per serving	120.3	13.63	1.64	0	2.99	5.99	2.43	0	10.5	105.42	0.45	0
	% RDA(per serve)	6%	-	-	0.00%	-	8.93%	11.06%	0	-	5%	-	-
Smoked Salmon Dish	Amount per 100gms	131	0.01	0	0	15	7.89	0.42	0	13	186	0	0
	Amount per serving	196.5	0.02	0	0	22.5	11.84	0.63	0	19.5	279	0	0
	% RDA(per serve)	10%	-	-	0.00%	-	17.66%	2.86%	0	-	14%	-	-
Rasgulla	Amount per 100gms	229	48.08	34.44	38.4	3.11	3.75	0.62	0	0	48.55	0	0
	Amount per serving	126.67	25.48	18.25	20.35	1.65	1.99	0.33	0	0	25.73	0	0
	% RDA(per serve)	6%	-	-	40.70%	-	2.97%	1.49%	0	-	1%	-	-
Galab Jamun	Amount per 100gms	320	45.96	37.75	37.57	3.51	13.6	1.22	0	8	56.03	0.6	0
	Amount per serving	176	25.28	20.76	20.66	1.93	7.48	0.67	0	4.4	30.82	0.33	0
	% RDA(per serve)	9%	-	-	41.33%	-	11.16%	3.05%	0	-	2%	-	-
Oatmeal cookie	Amount per 100gms	456	72.96	28.46	23.41	6.05	15.52	2.66	0	0	410.67	2.44	0
	Amount per serving	182.4	29.18	11.38	9.36	2.42	6.21	1.06	0	0	164.27	0.98	0
	% RDA(per serve)	9%	-	-	18.73%	-	9.27%	4.84%	0	-	8%	-	-
Gurtli cookie	Amount per 100gms	462	70	29.26	28.49	5.48	17.79	3.11	0	0	394.01	2.1	0
	Amount per serving	184.8	28	11.7	11.4	2.19	7.12	1.24	0	0	157.6	0.84	0
	% RDA(per serve)	9%	-	-	22.79%	-	10.62%	5.65%	0	-	8%	-	-
Double Chunk cookie	Amount per 100gms	68	6.97	26.63	25.12	5.61	2.22	0.21	0	0	400.33	1.8	0
	Amount per serving	27.2	2.55	10.65	10.05	2.34	0.89	0.08	0	0	160.13	0.72	0
	% RDA(per serve)	1%	-	-	20.10%	-	1.33%	0.38%	0	-	8%	-	-
Masala Chai Cookie	Amount per 100gms	469	62.12	25.41	24.1	6.19	21.74	3.25	0	0	647.85	1.7	0
	Amount per serving	187.6	24.85	10.16	9.64	2.48	8.7	1.3	0	0	259.14	0.68	0
	% RDA(per serve)	9%	-	-	19.28%	-	12.98%	5.91%	0	-	13%	-	-
Chicken Wrap	Amount per 100gms	180</											