

Infusion	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Achari Beef Masala	260 g	270	14	2.5	0	55	330	18	3	6	20
Aloo Baingan	250 g	120	0.5	0	0	0	410	26	6	7	4
Aloo Gobi Masala	250 g	140	7	0.5	0	0	210	18	4	5	4
Batter Fried Fish	170 g	330	19	4.5	2.5	90	170	11	-	1	29
Beef Cutlets	260 g	570	29	11	1	270	710	27	1	3	48
Beef Korma	260 g	320	16	3.5	0.5	75	630	18	4	4	28
Beet Poriya	250 g	270	16	7	0	0	420	30	6	15	7
Beetroot Curry	250 g	180	7	0.5	0	0	360	26	6	14	5
Bhindi Masala	250 g	170	10	1	0	0	150	19	6	6	4
Broccoli and Water Chestnuts	250 g	180	7	0.5	0	0	250	29	5	7	6
Butter Paneer and Vegetables	250 g	460	34	20	0	110	360	24	4	9	15
Cabbage and Bacon Stir Fry	260 g	190	13	3.5	0	15	500	15	5	3	6
Cabbage and Dal	250 g	160	1	0	0	0	35	32	7	5	10
Carrot and Beans Poriyal	250 g	130	4	0.5	0	0	130	21	6	9	4
Channa Masala	250 g	150	8	0.5	0	0	120	18	5	7	4
Chicken Afritada	260 g	270	9	2	0	75	360	21	4	6	25
Chicken Karahi	260 g	430	27	6	0	45	800	31	2	5	17
Chicken Sinigang	260 g	390	16	4.5	0	155	1070	17	2	8	45
Chopsuey	250 g	170	7	1	0	0	180	22	4	7	8
Coconut Crusted Fish with Chili Lime Sauce	170 g	520	46	15	1.5	135	270	14	0	1	15
Crispy Fried Chicken	200 g	690	42	5	-	110	200	43	2	0	34
Dal Fry	250 g	450	2	0	0	0	40	84	20	4	27
Filipino Pork Adobo	260 g	420	20	5	0	110	400	20	2	10	37
Fish Curry	260 g	150	2	1	0	90	380	3	1	1	28
Gulai Telur	250 g	200	13	3.5	0	55	100	12	3	5	10
Hot and Sour Fish	260 g	180	1	0	0	105	1280	8	1	3	32
Kalderetta	260 g	300	16	4.5	0	55	310	19	4	6	21
Kheema Aloo Matar	260 g	340	14	5	0	70	160	23	6	5	31
Kimchi	75 g	20	0	0	0	5	370	4	1	2	1
Korean Chicken Wings	170 g	530	34	9	0.5	195	1470	19	-	-	36
Lamb Darbari	260 g	300	15	3.5	0	80	420	15	3	5	27
Lamb Hariyali	260 g	290	13	3.5	0	80	280	15	3	5	28
Lamb Karahi	260 g	320	15	4	0	85	460	15	3	5	30
Lamb Rendang	260 g	320	17	7	0	80	500	14	2	4	27
Mixed Vegetable Jalfrezi	250 g	140	6	1.5	0	5	160	20	4	7	5
Mushroom Pepper Fry	250 g	150	10	1	0	0	30	12	2	5	5
Nav Ratan Korma	250 g	210	12	3.5	0	10	210	24	5	9	6
Nilaga Beef	260 g	330	19	6	0	75	340	16	3	4	25
Pan Fried Fish with Ginger Caramel Sauce	260 g	340	4	0	0	95	1530	45	1	39	31
Pineapple Chicken	260 g	380	25	8	0	105	450	13	2	8	24
Pork and Tofu Cakes	260 g	350	12	3.5	0	210	730	23	1	6	38
Pork Vindaloo	260 g	430	16	6	0	130	95	20	4	11	49
Rajma Masala	250 g	200	4	2	0	10	520	31	9	6	10
Roasted Sweet Potato and Squash	250 g	190	1	0	0	0	220	42	6	11	3
Samosa	125 g	380	22	7	3	10	990	38	-	-	7
Spiced Roasted Chicken	260 g	310	10	2.5	0	220	1000	6	0	4	47
Sweet Potato and Spinach Curry	250 g	320	15	6	0	0	400	41	6	9	7
Squash and Bean Curry	250 g	220	12	1.5	0	5	470	26	5	12	6
Sri Lankan Curry Chicken	260 g	300	14	6	0	160	170	6	1	2	35
Steamed Buns	100 g	180	4.5	1	0	75	490	15	1	1	20
Tandoori Vegetables	250 g	110	2	0	0	0	250	21	4	7	5
Terikayi Beef	260 g	350	11	3.5	0	105	800	24	1	17	40
Thai Green Chicken Curry	260 g	270	12	6	0	80	200	14	2	4	27
Mushroom Tofu Fry	250 g	120	4	0.5	0	0	140	12	1	5	10
Tofu Sambal	250 g	260	15	2	0	0	105	14	2	3	23
Pork Yellow Curry	260 g	520	40	20	0	95	570	14	1	3	27
Rice	160 g	210	0.5	0	0	0	5	46	0	0	5

Please note: the listed portion sizes are based on an estimated weighted average; actual serving size may vary.