

Knorr- Nutrition information (Typical values, as Sold per 100g)

Category	Variant	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)
Soupy Noodles	Soupy noodles- Mast Masala	413	9.3	58.4	9.7	0.9	15.7	7.1	0.1	1923
Noodles	Chinese Hot and Spicy	425	9.3	58.2	9.3	0.7	17.2	7.8	0.2	1408
Noodles	Chinese Schezwan	433	9.3	58.2	9.3	0.6	17.2	7.8	0.1	1550
Noodles	Italian Noodles - Margherita	427	9.3	58.7	9.7	0.4	17.2	7.8	0.2	1369
Noodles	Desi Noodles - Masala Chaska	429	9.4	58.2	8.5	0.8	17.7	7.9	0.2	1289
Noodles	Italian Noodles - Cheese and Herbs	428	9.4	58.8	9.3	0.6	17.2	7.8	0.2	1213
Cook up Soup	Thick Tomato Soup	350	5.4	69.3	35.7	4.0	5.7	3.1	0.1	4029
Cook up Soup	Mix Veg Soup	351	10.2	62.9	19.0	4.4	6.5	3.6	0.1	4194
Cook up Soup	Hot and Sour Veg Soup	331	4.7	69.2	16.0	2.9	3.9	1.9	0.1	4998
Cook up Soup	Sweet Corn Veg Soup	327	6.7	69.3	22.7	3.2	2.5	1.1	0.0	4938
Cook up Soup	Sweet Corn Chicken Soup	334	7.7	68.0	21.1	2.8	3.5	1.5	0.0	4781
Cook up Soup	Chicken Delite Soup	329	13.5	61.0	24.0	0.8	3.4	1.5	0.03	4405
Instant Soup	Tomato Chatpata Cup-a-Soup	388	3.8	71.3	28.8	1.9	10.0	5.0	0.00	3463
Instant Soup	Hot and Sour Cup-a-Soup	318	4.5	69.1	18.2	1.8	2.7	0.9	0.00	5427
Instant Soup	Sweet Corn Veg Cup-a-Soup	320	4.0	72.0	32.0	5.0	2.0	1.0	0.00	4230
Instant Soup	Mix Veg Cup-a-Soup	320	8.0	66.0	20.0	6.0	2.0	1.0	0.00	4240
Instant Soup	Manchow Cup-a-Soup	333	5.0	71.7	20.8	3.3	2.5	1.7	0.00	5042
Instant Soup	Italian Mushroom Cup-a-Soup	390	8.0	58.0	15.0	3.0	14.0	8.0	0.00	4240
Instant Soup	Mexican Tomato Corn soup	331	4.6	72.3	36.9	5.4	2.3	1.5	0.00	3308
Instant Soup	Thai cup-a-soup	350	5.7	74.3	31.4	1.4	2.9	1.4	0.00	3093
Instant Soup	Sweet Corn Chicken Cup-a-Soup	336	5.5	70.9	30.0	4.6	3.6	1.8	0.00	3846
Instant Soup	Chicken Delite Cup-a-Soup	330	10.0	65.0	22.0	4.0	4.0	2.0	0.00	4230
International Soup	Shanghai Hot & Sour chicken soup	351	10.0	65.9	18.0	3.1	5.3	2.4	0.04	4441
International Soup	Italian Mushroom Soup (Cook-up)	350	13.2	61.0	17.9	1.2	5.9	3.1	0.50	3546
International Soup	Hong Kong Manchow Noodle Soup (Cook-up)	348	5.5	67.4	16.4	1.9	6.3	3.0	0.07	4426
International Soup	Thai Vegetable Soup (Cook-up)	324	5.5	68.8	22.0	4.5	3.0	1.4	0.02	4982
International Soup	Mexican corn soup (Cook-up)	333	5.7	71.1	34.5	3.9	2.8	1.3	0.02	4592

Knorr- Nutrition information (Typical values, per serve, prepared based on cooking instructions)

Preparation Instruction	Serving size(g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)
1. Pour 300ml (approx 2 cups) of water in a Pan, add noodles & entire contents of soup powder, mix well. 2. Bring to boil and simmer for 3 minutes. stir occasionally. 3. DO NOT DRY the noodles completely. Serve hot as SOUPY NOODLES. 4. Chef's Tip: Add 1 cup boiled veggies for added crunch	75	335	8.5	48.8	9.6	2.7	12.0	5.3	0.1	1454
1. Pour 225ml (approx 1 1/2 cups) of water in a Pan and heat to bubbling boil. 2. Add noodle cake into the pan. Throw in the seasoning. 3. Cook for 3-4 minutes or until noodles are done, stir occasionally. 4. Chef's Tip: Add 1 cup sautéed veggies for added Crunch! Serve & enjoy hot.	68	347	6.8	42.7	7.9	1.6	16.8	5.8	0.1	969
1. Pour 225ml (approx 1 1/2 cups) of water in a Pan and heat to bubbling boil. 2. Add noodle cake into the pan. Throw in the seasoning. 3. Cook for 3-4 minutes or until noodles are done, stir occasionally. 4. Chef's Tip: Add 1 cup sautéed veggies for added Crunch! Serve & enjoy hot.	68	346	6.8	42.7	7.9	1.5	16.7	5.8	0.1	1065
1. Pour 225ml (approx 1 1/2 cups) of water in a Pan and heat to bubbling boil. 2. Add noodle cake into the pan. Throw in the seasoning. 3. Cook for 3-4 minutes or until noodles are done, stir occasionally. 4. Chef's Tip: Add 1 cup sautéed veggies for added crunch! Serve & enjoy hot.	68	348	6.8	42.9	8.2	1.5	16.8	5.8	0.1	942
1. Pour 225ml (approx 1 1/2 cups) of water in a Pan and heat to bubbling boil. 2. Add noodle cake into the pan. Throw in the seasoning. 3. Cook for 3-4 minutes or until noodles are done, stir occasionally. 4. Chef's Tip: Add 1 cup sautéed veggies for added Crunch! Serve & enjoy hot.	66	355	7.6	43.4	7.8	2.4	16.8	5.7	0.1	862
1. Pour 225ml (approx 1 1/2 cups) of water in a Pan and heat to bubbling boil. 2. Add noodle cake into the pan. Throw in the seasoning. 3. Cook for 3-4 minutes or until noodles are done, stir occasionally. 4. Chef's Tip: Add 1 cup sautéed veggies for added crunch! Serve & enjoy hot.	68	349	7.0	43.0	8.0	1.6	16.8	6.0	0.1	836
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	13.5g powder+150ml of water	46	0.7	9.2	4.7	0.5	0.8	0.4	Trace	534
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	11.25g of powder+150 ml of water	40	1.1	7.1	2.1	0.5	0.7	0.4	0.0	472
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	10.75g of powder+ 150ml of water	36	0.5	7.4	1.7	0.3	0.4	0.2	Trace	537
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	11g of powder+150ml of water	36	0.7	7.6	2.5	0.4	0.3	0.1	Trace	543
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	10.5g of powder +150ml of water	35	0.8	7.1	2.2	0.3	0.4	0.2	Trace	502
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	11g of powder+150ml of water	36	1.5	6.7	2.6	0.1	0.4	0.2	Traces	485
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	16g of powder+150ml of water	62	0.6	11.4	4.6	0.3	1.6	0.8	Trace	554
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	11g of powder+150ml of water	35	0.5	7.6	2.0	0.2	0.3	0.1	Trace	597
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	10g of powder+150ml water	32	0.4	7.2	3.2	0.5	0.2	0.1	NIL	423
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	10g of powder+150ml water	32	0.8	6.6	2.0	0.6	0.2	0.1	NIL	424
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	12g powder + 150ml water	40	0.6	8.6	2.5	0.4	0.3	0.2	Trace	605
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	10g of powder+150ml water	39	0.8	5.8	1.5	0.3	1.4	0.8	Trace	424
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	13g of powder+150ml of water	43	0.6	9.4	4.8	0.7	0.3	0.2	NIL	430
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	14g of powder+150ml of water	49	0.8	10.4	4.4	0.2	0.4	0.2	Trace	433
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	11g of powder+150ml of water	37	0.6	7.8	3.3	0.5	0.4	0.2	Trace	423
1. Empty entire contents of pack into a Cup 2. Pour 150 ml HOT WATER & stir continuously to avoid lumps 3. Wait for only 1 minute & enjoy Do not Cook or Boil the contents of this pack	10g of powder+150ml water	33	1.0	6.5	2.2	0.4	0.4	0.2	Trace	423
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps; 3. Simmer for 3 minutes and serve hot	9.5g powder+ 150ml water	33	0.9	6.3	1.7	0.3	0.5	0.2	Trace	422
Just 3 simple steps 1. Empty contents of pack in 4 cups water (600 ml). 2. Place on stove and bring to boil while stirring continuously. 3. Simmer for 3 minutes and serve hot!	12g powder + 150ml water	42	1.6	7.3	2.2	0.1	0.7	0.4	0.1	426
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps; 3. Simmer for 3 minutes and serve hot	11.5g powder + 150ml water	40	0.6	7.8	1.9	0.2	0.7	0.3	Traces	509
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	11.5g powder + 150ml water	37	0.6	7.9	2.5	0.5	0.3	0.2	Trace	573
Just 3 simple steps 1. Empty contents of pack in 4 cups normal water (600 ml). 2. Place on stove and bring to boil while stirring continuously to avoid lumps. 3. Simmer for 3 minutes and serve hot!	13g powder+150ml of water	43	0.7	9.2	4.5	0.5	0.4	0.2	Trace	597

Meal Maker	White Sauce Pasta Masala	297	8.6	54.7	14.3	1.0	2.9	1.3	0.10	9054	You would require Pasta - 90 g (Uncooked) ;Skimmed Milk- 250 ml ;Cheese -1 cube; Salt - a pinch ;White Sauce Pasta Masala- 1 pack Cook Amazing White Sauce Pasta: Step1 : Cook pasta in boiling water, with a few drops of oil and a pinch of salt. Step2 : Mix Knorr pasta masala in cold milk. Boil this mixture in a pan till it becomes a thick white sauce. Step3 : Add pasta and grated cheese. Heat it well and serve hot!	294	397	15.4	55.1	11.7	3.9	12.8	3.1	0.1	776
Meal Maker	Red Sauce Pasta Masala	286	7.4	54.2	36.3	4.2	4.4	1.6	Trace	7031	You would require Pasta- 90 g (Uncooked); Capsicum cubes - 1/2 cup; Onion sliced- 1/2 cup; Tomatoes - 2 tomatoes (make puree in mixer); Oil - 1 tbsp; Salt - a pinch; Knorr Red Sauce Pasta Masala - 1 pack Cook Amazing Red Sauce Pasta: Step1 : Cook pasta in boiling water, with a few drops of oil and a pinch of salt. Step2 : In a hot pan add oil, onion, capsicum and fry. Add tomato puree and cook well. Step3 : Add Knorr pasta masala and mix well. Add boiled pasta and mix well. Serve Hot!	237	307	8.6	47.5	7.6	3.9	9.1	1.1	NIL	543
Meal Maker	Knorr Chinese Manchurian	300	6.1	62.9	22.3	2.2	2.6	1.3	0.07	6714	Ingredients required: i) For Manchurian balls: 2 Cups grated vegetables (cabbage, carrot). ii) For Manchurian Sauce: 2 Cups chopped vegetables (onion, capsicum, spring onion). iii) No Need to Add Salt. Step 1: For Manchurian balls: Mix 2 Cups grated vegetables (cabbage, carrot) with 1/2 cup Maida and water to make a pakora style batter. Make balls and deep fry like pakoras. Step 2: For Manchurian Sauce: Stir fry 2 Cups chopped vegetables (onion, capsicum, spring onion) till they are cooked. In a separate bowl, mix the contents of this pack with 450 ml water. Add it to vegetables and cook till sauce becomes thick. Step 3: Add Manchurian balls to the prepared sauce and cook for 1 minute. Garnish and serve hot!	400g; 200g cooked dish + 200g steamed rice	557	8.6	80.2	7.3	3.1	22.4	3.7	Trace	946
Meal Maker	Knorr Chinese Chilli	301	5.5	63.4	22.0	0.7	2.8	1.3	0.10	7254	Ingredients required: 125g paneer, 2 Cups Chopped Vegetables (onion, capsicum, spring onion), 1-2 Green Chillies. No Need to Add Salt. Step 1: Stir fry 2 cups chopped vegetables (onion, capsicum, spring onion) and 1-2 green chillies (as per required spiciness) till they are cooked. Step 2: In a separate bowl, mix the contents of this pack with 450 ml water. Add it to the vegetables and cook till sauce becomes thick. Step 3: Add 125g fried paneer to the sauce and cook for 1 minute. Garnish and serve hot!	433g ; 183g cooked dish + 250g steamed rice	554	14.0	86.3	8.3	2.2	17	6.2	Trace	937
Meal Maker	Knorr Chinese Schezuan	300	5.7	62.0	22.0	0.8	3.2	1.5	0.12	7536	Ingredients required: 125g paneer, 2 Cups Chopped Vegetables (onion, capsicum, spring onion), No Need to Add Salt. Step 1: Stir fry 2 cups chopped vegetables (onion, capsicum, spring onion) till they are cooked. Step 2: In a separate bowl, mix the contents of this pack with 450 ml water. Add to the vegetables and cook till sauce becomes thick. Step 3: Add 125g fried paneer to the sauce and cook for 1 minute. Garnish and serve hot!	432g; 192g cooked dish + 250g steamed rice	542	14.0	85.8	8.2	2.2	15.8	6.0	Trace	935