

Hindustan Unilever Limited- Nutrition Information (Knorr)

Brand	Variant	Typical values per (Example: per serve (x g)/ per 100g/ per 100ml)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Dietary fibre (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)
Knorr	Soupy noodles	per serve 77g	319	7.2	45	7.5	0.7	12.2	5.5	0.1	1466
Knorr	Chinese Hot and Spicy	per serve 70g	298	6.5	40.8	6.8	0.5	12.1	5.5	0.1	982
Knorr	Chinese Schezwan	per serve 70g	297	6.6	40.7	6.7	0.4	12	5.4	0.1	1091
Knorr	Rolls & Wraps Mix -Tawa Chatpata	per serve 208g cooked dish	383	15.3	60.5	8.4	3.2	8.8	1	0.1	735
Knorr	Rolls & Wraps Mix - Chinese Chow	per serve 208g cooked dish	382	15.2	60.8	9.4	3.3	8.7	1	0.1	663
Knorr	Rolls & Wraps Mix - Chicken Masaledar	per serve 208g cooked dish	381	15.3	60.3	8.5	3	8.7	1	0.1	740
Knorr	Rolls & Wraps Mix - Chicken Chilli Garlic	per serve 208g cooked dish	382	15.3	60.5	9.4	3.2	8.7	1	0.1	786
Knorr	Thick Tomato Soup	per serve 13.2g (150g cooked soup)	39	0.6	7.8	4.0	0.4	0.6	0.3	Trace	451
Knorr	Mix Veg Soup	per serve 11.2g (150g cooked soup)	34	1.0	6.0	1.9	0.4	0.6	0.4	0.01	408
Knorr	Hot and Sour Veg Soup	per serve 10.7g (150g cooked soup)	31	0.4	6.5	1.5	0.3	0.4	0.2	Trace	468
Knorr	Sweet Corn Veg Soup	per serve 11g (150g cooked soup)	31	0.6	6.6	2.2	0.3	0.2	0.1	Trace	472
Knorr	Sweet Corn Chicken Soup	per serve 10.5g (150g cooked soup)	30	0.7	6.2	1.9	0.2	0.3	0.1	Trace	444
Knorr	Hot and Sour Chicken Soup	per serve 11g (150g cooked soup)	32	0.6	6.5	1.5	0.3	0.4	0.2	Trace	473
Knorr	Creamy Mushroom Soup	per serve 10.2g (150g cooked soup)	28	1.2	5.4	1.6	0.1	0.2	0.1	Trace	451
Knorr	Manchow Soup	per serve 11.2g (150g cooked soup)	34	0.4	6.7	1.6	0.2	0.6	0.3	Trace	441
Knorr	Chicken Delite Soup	per serve 11g (150g cooked soup)	31	1.3	5.8	2.3	0.1	0.3	0.1	Trace	425
Knorr	Tomato Chatpata Cup-a-Soup	per serve 16g	56	0.5	10.3	4.2	0.3	1.4	0.7	Trace	501
Knorr	Hot and Sour Cup-a-Soup	per serve 11g	33	0.4	7.1	1.9	0.2	0.3	0.1	Trace	556
Knorr	Sweet Corn Veg Cup-a-Soup	per serve 12g	38	0.3	8.5	3.0	0.2	0.4	0.2	Trace	526
Knorr	Mix Veg Cup-a-Soup	per serve 11g	34	0.7	7.2	1.9	0.2	0.2	0.1	Trace	549
Knorr	Manchow Cup-a-Soup	per serve 12g	37	0.6	7.8	2.3	0.4	0.3	0.2	Trace	561
Knorr	Sweet Corn Chicken Cup-a-Soup	per serve 13g	46	0.6	9.7	3.3	0.2	0.5	0.3	Trace	584
Knorr	Chicken Delite Cup-a-Soup	per serve 11g	38	0.9	7.5	2.3	0.4	0.5	0.3	0.01	497
Knorr	Knorr Thai Mushroom Soup	per serve 11.5g	32	0.5	6.8	2.2	0.4	0.3	0.1	Trace	494

Knorr	Knorr Mexican Corn Soup	per serve 13g	37	0.6	7.8	3.8	0.4	0.3	0.1	Trace	508
Knorr	Italian Pasta White Sauce	per serve 300g cooked dish	464	13.4	44.6	5.2	4.4	25.8	6.6	0.02	951
Knorr	Italian Pasta Red Sauce	per serve 300g cooked dish	480	12	46	9	5.2	28	5	Trace	1056
Knorr	KNR Chinese Manchurian 55g	per serve 220g cooked dish+200g steamed rice	555	7.8	80.5	5.8	4.3	22.4	2.5	Trace	822
Knorr	KNR CHNS CHILLI 51g	per serve 220g cooked dish+200g steamed rice	525	12.1	68.4	5.2	2.7	22.6	2.7	Trace	817
Knorr	KNR CHNS SCHZN 49g	per serve 220g cooked dish+200g steamed rice	523	12.1	67.9	5.1	2.7	22.5	2.7	Trace	820
Knorr	Knorr Meat Masala 75g	per serve 150g cooked dish	255	26.3	5	1.6	0.8	14.4	4.8	0.1	460
Knorr	Knr Chicken Masala 75g	per serve 150g cooked dish	337	13	6.4	2.2	0.8	28.9	7.1	0.1	511
Knorr	Knorr Sambhar Masala 75g	per serve 150g cooked dish	127	4.4	14.7	2.2	1.3	5.6	0.8	0.05	525
Knorr	Knorr Royal Vegetable Masala 75g	per serve 150g cooked dish	159	2.5	13.7	4.4	3	10.4	1.5	0.1	474
Knorr	Knorr Chana Masala 75g	per serve 150g cooked dish	249	5.8	36	4.6	3.8	9.1	1	0.1	519
Knorr	Knorr Pav Bhaji Masala 75g	per serve 150g cooked dish	95	1.8	10.9	3.3	2.5	4.9	0.7	0.04	408
Knorr	Knorr Biryani Masala 75g	per serve 300g cooked dish	527	13.4	54.8	1.5	2.8	28.3	6.2	0.1	978
Knorr	Knorr Dal Masala 75g	per serve 150g cooked dish	148	4.9	15.4	1.8	0.4	7.4	0.8	Nil	532
Knorr	Knorr Sambhar Masala 15g	per serve 150g cooked dish	127	4.4	14.7	2.2	1.3	5.6	0.8	0.05	525
Knorr	Knorr Chana Masala 15g	per serve 150g cooked dish	250	5.8	36	4.5	3.8	9.1	1	0.1	537
Knorr	Knr Chicken Masala 13g	per serve 150g cooked dish	337	12.9	6.1	2.1	0.7	29	7.1	0.1	479
Knorr	Knorr Meat Masala 13g	per serve 150g cooked dish	255	26.3	4.8	1.5	0.7	14.5	4.8	0.1	433
Knorr	Knorr Pav Bhaji Masala 13g	per serve 150g cooked dish	94	1.8	10.8	3.2	2.5	4.9	0.7	0.04	395
Knorr	Knorr Punjabi chicken curry 46g	per serve 294g (cooked dish + 4chapati) / person	558	40.4	78.1	2.2	13.2	9.4	1.9	0.1	645
Knorr	Knorr Dal Makhani 31g	per serve 294g (cooked dish + 4chapati) / person	554	20.9	91	2.7	13	11.8	6.3	0.8	473
Knorr	Thai veg soup 46g	150g prepared soup	32	0.5	6.8	2.2	0.4	0.3	0.1	Trace	494
Knorr	Mexican tomato soup 46g	150g prepared soup	37	0.6	7.8	3.8	0.4	0.3	0.1	Trace	506