

**Nutrition Information of products from HUL Foods Portfolio**

\*% of an average Adult's Recommended Dietary Allowance (2000 kcal diet)

		Product information		Macronutrients										Micronutrients						
		Brand	Product Name	Serve size (g)	Energy (kcal)	Protein (g)	Total fat (g)	Saturated fat (g)	Trans-fat (g)	Cholesterol (mg)	Carbohydrate (g)	Total Sugar (g)	Added sugars (g)	Dietary Fibre (g)	Sodium (mg)	Vitamin A (ug)	Vitamin B6 (mg)	Vitamin B7 (ug)	Vitamin C (mg)	Zinc (mg)
1	Per serve	Kissan	Fresh Tomato Ketchup	15	20	0.2	0.1	0.0	0.0	0.0	4.7	4.4	3.9	0.1	142					
	% RDA*/ serve				1		0	0	0				8		7					
2	Per serve	Kissan	No Onion No Garlic Sauce	15	20	0.2	0.1	0.0	0.0	0.0	4.6	4.4	3.9	0.1	103					
	% RDA*/ serve				1		0	0	0				8		5					
3	Per serve	Kissan	Sweet and Spicy Sauce	15	21	0.1	0.0	0.0	0.0	0.0	5.0	4.6	4.2	0.2	109					
	% RDA*/ serve				1		0	0	0				8		5					
4	Per serve	Kissan	Chilli Tomato Sauce	15	22	0.2	0.0	0.0	0.0	0.0	5.2	4.9	4.5	0.1	108					
	% RDA*/ serve				1		0	0	0				9		5					
5	Per serve	Kissan	Mixed Fruit Jam	20	57	0.1	0.0	0.0	0.0	0.0	14.1	13.6	12.5	0.2	10	94.5	0.2	3.8	0.0	0.9
	% RDA*/ serve				3		0	0	0				25		1					
6	Per serve	Kissan	Mango Jam	20	56	0.1	0.0	0.0	0.0	0.0	14.1	13.5	12.2	0.5	4					
	% RDA*/ serve				3		0	0	0				24		0					
7	Per serve	Kissan	Pineapple Jam	20	55	0.0	0.0	0.0	0.0	0.0	13.9	13.6	12.7	0.1	4					
	% RDA*/ serve				3		0	0	0				25		0					
8	Per serve	Kissan	Orange Marmalade	20	58	0.0	0.0	0.0	0.0	0.0	14.5	14.3	13.9	0.1	6					
	% RDA*/ serve				3		0	0	0				28		0					
9	Per serve	Kissan	Peanut Butter Creamy	30	182	7.6	14.6	2.8	0.0	0.0	6.5	3.5	2.4	2.5	95					
	% RDA*/ serve				9		22	13	0				5		5					
10	Per serve	Kissan	Peanut Butter Crunchy	30	184	7.7	14.8	2.8	0.0	0.0	6.1	3.1	1.9	2.6	76					
	% RDA*/ serve				9		22	13	0				4		4					
11	Per serve	Kissan	Hazelnut Choco Peanut Spread	15	90	2.8	6.8	1.9	0.0	0.0	4.9	3.8	3.1	0.9	34					
	% RDA*/ serve				4		10	8	0				6		2					
12	Per serve	Kissan	Juicy Orange Squash	30	65	0.1	0.1	0.0	0.0	0.0	15.8	15.6	14.8	0.0	24	94.5	0.3	3.2	6.3	
	% RDA*/ serve				3		0	0	0				30		1					
13	Per serve	Kissan	Juicy Pineapple Squash	30	64	0.0	0.0	0.0	0.0	0.0	15.8	15.6	14.8	0.0	27					
	% RDA*/ serve				3		0	0	0				30		1					
14	Per serve	Kissan	Juicy Grape Squash	30	76	0.1	0.0	0.0	0.0	0.0	18.7	18.4	17.3	0.2	21					
	% RDA*/ serve				4		0	0	0				35		1					
15	Per serve	Kissan	Juicy Mango	30	62	0.1	0.0	0.0	0.0	0.0	15.0	14.9	14.9	0.1	20					

15	% RDA*/ serve	Knorr	Squash		3		0	0	0				30		1				
16	Per serve	Kissan	Juicy Lemon Squash	30	61	0.0	0.0	0.0	0.0	0.0	15.2	14.6	14.4	0.1	21				
	% RDA*/ serve				3		0	0	0					29		1			
17	Per serve	Kissan	Tomato Puree	50	16	0.7	0.3	0.0	0.0	0.0	2.9	2.2	0.0	0.4	8				
	% RDA*/ serve				1		0	0	0					0		0			
18	Per serve	Knorr	Thick Tomato Soup	12.8	45	0.7	0.7	0.4	0.0	0.0	9.1	4.4	3.4	0.6	505				
	% RDA*/ serve				2		1	2	1					7		25			
19	Per serve	Knorr	Hot and Sour Vegetable Soup	10.3	35	0.5	0.4	0.2	0.0	0.0	7.4	1.7	1.4	0.4	401				
	% RDA*/ serve				2		1	1	0					3		20			
20	Per serve	Knorr	Mixed Vegetable Soup	10	34	1.1	0.3	0.1	0.0	0.1	7.0	2.2	0.9	0.7	398				
	% RDA*/ serve				2		0	1	0					2		20			
21	Per serve	Knorr	Sweet Corn Vegetable Soup	10.5	34	0.8	0.3	0.1	0.0	0.0	7.4	2.5	1.8	0.5	511				
	% RDA*/ serve				2		0	1	0					4		26			
22	Per serve	Knorr	International-Hong Kong Manchow Noodle Soup	11	40	0.6	0.7	0.3	0.0	0.0	7.9	1.6	1.5	0.3	481				
	% RDA*/ serve				2		1	2	0					3		24			
23	Per serve	Knorr	International-Italian Mushroom Soup	11.5	40	1.5	0.7	0.4	0.0	0.1	7.1	2.0	0.6	0.1	404				
	% RDA*/ serve				2		1	2	1					1		20			
24	Per serve	Knorr	International-Mexican Tomato Corn Soup	12.5	42	0.8	0.4	0.2	0.0	0.0	9.1	4.2	3.5	0.6	564				
	% RDA*/ serve				2		1	1	0					7		28			
25	Per serve	Knorr	International-Shanghai Hot & Sour Chicken Soup	9	31	0.7	0.5	0.2	0.0	0.5	6.1	1.5	1.3	0.4	393				
	% RDA*/ serve				2		1	1	0					3		20			
26	Per serve	Knorr	International-Thai Vegetable Soup	11	37	0.7	0.3	0.2	0.0	0.0	7.9	2.3	1.8	0.5	541				
	% RDA*/ serve				2		0	1	0					4		27			
27	Per serve	Knorr	International-Cream of Broccoli Soup	12.5	43	1.7	0.7	0.4	0.0	0.1	7.6	2.2	0.7	0.3	427				
	% RDA*/ serve				2		1	2	1					1		21			
28	Per serve	Knorr	Chicken Delite Soup	10.5	35	1.4	0.4	0.2	0.0	0.5	6.5	2.5	1.2	0.1	458				
	% RDA*/ serve				2		1	1	0					2		23			
29	Per serve	Knorr	Sweet Corn Chicken Soup	10	33	0.8	0.4	0.1	0.0	0.5	6.9	2.2	1.6	0.4	487				
	% RDA*/ serve				2		1	1	0					3		24			

30	Per serve	Knorr	International-Italian Mushroom Soup	12	42	1.6	0.7	0.4	0.0	0.1	7.4	2.1	0.6	0.1	422					
	% RDA*/ serve				2		1	2	0					1		21				
31	Per serve	Knorr	International-Cream of Broccoli Soup	12.5	43	1.7	0.7	0.4	0.0	0.1	7.6	2.2	0.6	0.3	427					
	% RDA*/ serve				2		1	2	0					1		21				
32	Per serve	Knorr	Tomato Chatpata Cup-a-Soup	13.5	50	0.5	1.0	0.5	0.0	0.0	9.8	3.9	3.4	0.5	487					
	% RDA*/ serve				3		2	2	1					7		24				
33	Per serve	Knorr	Mixed Vegetable Cup-a-Soup	9.5	31	0.7	0.2	0.1	0.0	0.0	6.9	1.8	0.9	0.5	417					
	% RDA*/ serve				2		0	1	0					2		21				
34	Per serve	Knorr	Sweet Corn Veg Cup-a-Soup	9.5	32	0.3	0.2	0.1	0.0	0.0	7.3	3.0	2.8	0.4	418					
	% RDA*/ serve				2		0	1	0					6		21				
35	Per serve	Knorr	Manchow Veg Cup-a-Soup	11	36	0.5	0.3	0.2	0.0	0.0	7.8	1.9	1.7	0.4	587					
	% RDA*/ serve				2		0	1	0					3		29				
36	Per serve	Knorr	Hot and Sour Veg Cup-a-Soup	10.5	33	0.5	0.3	0.1	0.0	0.0	7.3	1.5	1.3	0.4	580					
	% RDA*/ serve				2		0	1	0					3		29				
37	Per serve	Knorr	Chicken Delite Cup-a-Soup	10	34	1.0	0.4	0.2	0.0	0.9	6.9	2.1	1.5	0.4	424					
	% RDA*/ serve				2		1	1	0					3		21				
38	Per serve	Knorr	Pizza Pasta Sauce	50	36	0.5	1.2	0.2	0.0	0.0	6.2	5.0	3.5	0.3	452					
	% RDA*/ serve				2		2	1	1					7		23				
39	Per serve	Knorr	Schezwan Sauce	30	38	0.5	1.8	0.3	0.0	0.0	5.2	2.5	2.2	0.8	673					
	% RDA*/ serve				2		3	1	1					4		34				
40	Per serve	Knorr	Manchurian Gravy Mix	9.2	30	0.7	0.2	0.1	0.0	0.0	6.2	2.1	1.7	0.2	617					
	% RDA*/ serve				1		0	1	0					3		31				
41	Per serve	Knorr	Paneer Chilli Gravy Mix	8.5	27	0.7	0.2	0.1	0.0	0.0	5.7	1.9	1.8	0.1	616					
	% RDA*/ serve				1		0	1	0					4		31				
42	Per serve	Knorr	Manchurian Gravy Mix	5	15	0.2	0.1	0.1	0.0	0.0	3.4	0.8	0.7	0.2	392					
	% RDA*/ serve				1		0	0	0					1		20				
43	Per serve	Knorr	Meal Pot- Spicy Jjajangmyeon Ramen Noodles	140	561	13.0	16.8	8.1	0.1	1.3	93.5	12.7	11.6	7.6	2766					
	% RDA*/ serve				28		25	37	6					23		138				
44	Per serve	Knorr	Meal Pot-Spicy Kimchi Ramen Noodles	123	507	12.1	16.4	7.9	0.1	1.1	80.9	5.7	1.8	6.2	2187					
	% RDA*/ serve				25		24	36	6					4		109				
45	Per serve	Knorr	Chicken Cube	2.5	7	0.1	0.6	0.3	0.0	0.1	0.4	0.2	0.2	0.0	456					
	% RDA*/ serve				0		1	2	0					0		23				

46	Per serve	Knorr	Aromat	2.5	5	0.1	0.1	0.1	0.0	0.0	1.0	0.2	0.2	0.0	502					
	% RDA*/ serve				0		0	0	0					0		25				
47	Per serve	Knorr	Soupy Noodles Mast Masala	70	304	7.2	11.1	5.3	0.0	0.2	44.3	7.2	1.3	0.8	1337					
	% RDA*/ serve				15		17	24	2					3		67				
48	Per serve	Hellmann's	Real Mayonnaise	15	75	0.0	7.9	1.3	0.1	0.0	1.0	0.6	0.6	0.0	108					
	% RDA*/ serve				4		12	6	4					1		5				
49	Per serve	Brown & Polson	Corn Starch	5	18	0.0	0.0	0.0	0.0	0.0	4.6	0.0	0.0	0.0	0					
	% RDA*/ serve				1		0	0	0					0		0				
50	Per serve	Brown & Polson	Custard Powder- Vanilla	4.24	15	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	10					
	% RDA*/ serve				1		0	0	0					0		1				
51	Per serve	Rex	Baking Powder	5	9	0.0	0.0	0.0	0.0	0.0	2.2	0.0	0.0	0.0	581					
	% RDA*/ serve				0		0	0	0					0		29				

Updated July 2023. Please refer pack for latest information