

Chicken Tikka Masala Soup NDMeal.com	para	Calories	Protein	Fat	Calcium Absorbed		Calcium	Choline	Copper Co	Iodine	Iron Fe	Lutein + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit C	Vit D	Vit E	Vit K1	Vit K2	Zinc	
16oz chicken bone broth		110	20	1.0			10				2									100																	?		
chicken breast without skin 150g	100	100	31	3.1	2.00	6	85	0.0	6	0				32	0.0	4	241	343	31.9	47	140	0	0	0	21	0.20	0.2	0.19	11	1.6	1	14	0	0	0	0	11	1	
chicken leg without skin 50g		66	9	1.9		2	8	21	0	4	1	0	0	11	0	0	110	203	10	64	70	0	0	21	0	0.35	0	0	5	1	0	5	0	1.85	0.15	0	30	2	
egg yolk 25g		77	4	7.2		16	29	205	0	35	1	30	1	4	0	4	147	23	21	11	43	0	50	160	0	0	2	0	0	1	0	40	0	2	3	2	16	1	
choy sum 100g		11	1		111		281			3	2			12			35	301	0.0	13		15	1360	227		0.01		0.10	0.8		0.07	266	46	0	0			0.4	
milk whole 3.7% fat 100g		64	3	3.7	21	1	119	14	0.0	17	0			13	0.0	5	93	151	2.0	49				33	138	0.04	0	0.16	0	0	0	5	2	0	0	0	0	1	
moth bean raw light red 20g		69	5	0.3		0	30	10	0	0	3	0	0	76	0	77	98	98	2	6	0	0	0	0	6	0	0	0	1	0	0	130	1	0	0	0	0	0	
hemp seed, hulled 20g		111	6	10	5	5	14	0	0	0	2	0	0	140	2	0	330	240	0	1	0	0	0	0	2	0	0	0	2	0	0	22	0	0	0	0	0	0	2
mushroom 3g UV light		1	0	0		0	0	1	0	0	0	0	0	0	0	0	3	8	0	1		0	1	0		0	0	0	0	0	0	2	0	15	0	0		0	
tahini paste 5g		32	1	3		1	17	0	0	0	0	0	0	16	0	0	37	10	1	4	0	0	0	0	0	0	0	0	0	0	0	5	0	0	11	0	0	0	
tomato can ripe diced 50G		11	0			0	17	3	0	0	0	39	1270	5	0	0	9	99	0	63	0	0	123	10	0	0	0	0	0	0	0.1	0	4	6	0	0	1	0	0
onion red 40g		11	0		6	0	10	0	0	0	0	0	0	4	0	0	14	56	0	4	0	0	0	0	0	0	0	0	0	0	0	14	3	0	0	0	0	0	
butter with salt 10g		76	0		0	0	3	2	0	4	0	0	0	0	0	0	2	3	0	37	0	0	0	93	0	0	0	0	0	0	0	0	0	0	0	0		2	0
lime juice 30g		8	0			0	4	2	0	0	0	0	0	2	0	0	4	35	0	1	0	0	9	1	15	0	0	0	0	0	0	3	9	0	0	0	0	0	
garlic 15g		24	1			0	3	3	0	0	0	0	0	4	0	0	24	60	1	3	0	0	0	0	0	0	0	0	0	0	0	15	2	0	0	0	0	0	
ginger 5g		4	0		0	0	1	1	0	0	0	0	0	2	0	0	2	21	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	
salt iodized 1 tsp 6g		0	0				3		0	310	0			0	0		0	0		2360																		0	
garam masala 0.6g		2	0			0	5	0	0	0	0	0	0	2	0	0	2	6	0	10	0	0	0	0	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0
turmeric powder 0.6g		2	0			0	1	0	0	0	0	0	0	1	0	0	2	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
cumin powder 1.5g		7	0			0	14	0	0	0	1	0	0	0	0	0	0	0	0	26	0	0	0	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
kashmiri powder 0.24g		1	0			0	1	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fenugreek leaves 0.25g																																							
chat masala 0.15g																																							
TOTALE		785	83	30	142	27	573	348	1	378	13	69	1271	324	3	90	1151	1667	70	2799	253	15	1542	564	192	1	2	1	20	4	2	526	69	19	15	3	59	7	
DRI Avg F/M 31-50		2000	51	60	300	30	1000	487	900	150	13			370	2.1	45	700		55	1500				800		1.1	2.4	1.2	15	5	1.3	400	80	15	15	105	90	9.5	