

# MOHABAT KA SHARBAT SUNDAE

**INGREDIENTS:** Milk (45%), Malai Icecream 30% (Milk, Sugar), Sweetened Rose Pulp 40% (Sugar syrup, Dried rose petals), Watermelon pieces (40%), Sweetened Watermelon Pulp 5% ( Watermelon, Sugar Syrup)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. <sup>#</sup> Value per 100g	% RDA <sup>##</sup> Per serving
Energy (Kcal)	153	6.1
Protein (g)	4	
Carbohydrates (g)	19	
Total Sugars (g)	16	
Added Sugar (g)	11	18.3
Total Fat (g)	7	8.5
Saturated Fat (g)	5	20.0
Trans Fat (g)	0	0.0
Cholesterol (mg)	9	
Sodium (mg)	22	0.9

<sup>#</sup>Approximate Values

<sup>##</sup>Recommended Dietary Allowance

# ASHALAY CHIBBAD WITH POHA TWIST SUNDAE

**INGREDIENTS:** Malai Icecream 47% (Milk,Sugar), Sweetened Muskmelon Pulp 35% (Muskmelon Pulp, Sugra Syrup, Elaichi Powder), Roasted Poha 15% (Poha, Ghee), Mint Leaf

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. <sup>#</sup> Value per 100g	% RDA <sup>##</sup> Per serving
Energy (Kcal)	220	8.8
Protein (g)	5	
Carbohydrates (g)	22	
Total Sugars (g)	22	
Added Sugar (g)	15	24.2
Total Fat (g)	8	9.9
Saturated Fat (g)	7	24.4
Trans Fat (g)	0	0.0
Cholesterol (mg)	11	
Sodium (mg)	41	1.6

<sup>#</sup>Approximate Values

<sup>##</sup>Recommended Dietary Allowance

# GAJBAJE IN A CAN SUNDAE

**INGREDIENTS:** Mix Fruit Pulp 34% (Sweetned Tender Coconut Pulp (Sugar Syrup, Tender Coconut Pulp), Sweetened Strawberry Pulp (Strawberry, Sugar Syrup), Malai Icecream 31% (Milk,Sugar), Sweetened Iceapple Pulp 24% (Ice Apple Pulp, Sugar Syrup), Sweetened Passion Fruit 10% (Passion fruit Pulp, Sugar Syrup)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. <sup>#</sup>Value per 100g</b>	<b>% RDA <sup>##</sup>Per serving</b>
Energy (Kcal)	219	8.8
Protein (g)	3	
Carbohydrates (g)	28	
Total Sugars (g)	32	
Added Sugar (g)	28	44.0
Total Fat (g)	6	6.6
Saturated Fat (g)	5	16.5
Trans Fat (g)	0	0.0
Cholesterol (mg)	7	
Sodium (mg)	34	1.4

<sup>#</sup>Approximate Values

<sup>##</sup>Recommended Dietary Allowance

# MALAI AND STRAWBERRY CHEESE CAKE SUNDAE

**INGREDIENTS:** Malai Icecream 39% (Milk,Sugar), Cheese cake slice 28% (Milk maid (Milk Solids, Sugar), Cream cheese (pasturized Milk and cream, Iodised Slat, Stabiliser INS410, INS 407, Cheese Culkture) Rich Cream (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450,INS 412), INS 415, INS 464), Corn Flour, Lemon Zest, Vanilla essence), Strabwerry Pulp 22% (Strawberry, Sugar Syrup), Waffle cone 7% (Refined Wheat Flour (Maida), Sugar, Refined Palm Oil, Emulsifier (INS322), Raising Agent (INS500(II), Milk Solids, Edible Common Salt), Pista (2%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. #Value per 100g	% RDA ##Per serving
Energy (Kcal)	270	10.8
Protein (g)	6	
Carbohydrates (g)	26	
Total Sugars (g)	26	
Added Sugar (g)	19	30.5
Total Fat (g)	13	15.2
Saturated Fat (g)	9	33.5
Trans Fat (g)	0	0.0
Cholesterol (mg)	14	
Sodium (mg)	709	28.4

#Approximate Values

##Recommended Dietary Allowance

# COCONUT AND ROASTED PINEAPPLE SUNDAE

**INGREDIENTS:** Tender coconut icecream 37%( Sugar Syrup, Tender coconut pulp), Cheese cake slice 27%(Milk maid (Milk Solids, Sugar), Cream cheese 33%((pasturized Milk and cream, Iodised Salt, Stabiliser INS410, INS 407, Cheese Culture) Rich Cream (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450, INS 412), INS 415, INS 464), Corn Flour , Lemon Zest, Vanilla essence), Pineapple pulp with cinnamon 16% (Pineapple, Cinnamon), Waffle cone 6% (Refined Wheat Flour (Maida), Sugar, Refined Palm Oil , Emulsifier (INS322), Raising Agent (INS500(II)), Milk Solids, Edible Common Salt), white chocolate 4% (Rich Cream 50% (Rich Cream 50% (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450, INS 412), INS 415, INS 464), White Chocolate 50% (Sugar, Milk, Cocoa Solids, Cocoa Butter , Emulsifiers INS322(ii)-Lecithin of Soya (Origin), INS476)), Mint leaf

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. #Value per 100g	% RDA ##Per serving
Energy (Kcal)	212	8.5
Protein (g)	5	
Carbohydrates (g)	23	
Total Sugars (g)	20	
Added Sugar (g)	10	15.8
Total Fat (g)	10	11.6
Saturated Fat (g)	7	25.3
Trans Fat (g)	0	0.0
Cholesterol (mg)	8	
Sodium (mg)	670	26.8

#Approximate Values

##Recommended Dietary Allowance

# CHOCOLATE BROWNIE FUDGE SUNDAE

**INGREDIENTS:** Mud Pie 47% (Milk, Sugar, Chocolate Ganache (Cooking Cream, Compound Chocolate), Chocolate Sponge (Chocolate Premix, Water, Oil), Chocolate Paste (Milk, Cocoa Solids, Sugar), Brownie (Brownie Premix, Water, Cocoa Solid, Oil), Almond), Brownie 34% (Brownie Premix (Sugar, Refined Wheat Flour (Maida), Cocoa Solids, MilkSolids, Corn Starch, Emulsifiers (E471,E4726,E477), Raising Agent (E500 (ii), E450(i), E341(ii), Stablizer(E415), Salt), Water, Sunflower Oil, Chocolate (Cocoa mass, Sugar, Cocoa Butter, Emulsifiersoya lecithin (E322), natural vanilla flavouing, Cocoa Horizons Foundation, Cocoa Ingredients ),Waffle cone 8% (Refined Wheat Flour (Maida), Sugar, Refined Palm Oil ,Emulsifier (INS322), Raising Agent (INS500(II)), Milk Solids, Edible Common Salt), Chocolate sauce 5% (Rich Cream (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450,INS 412), INS 415,INS 464), Morde Chocolate (Sugar, Cocoa Butter, Cocoa Solids and MilkSolids), Almond (5%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. *Value per 100g	% RDA **Per serving
Energy (Kcal)	346	13.8
Protein (g)	7	
Carbohydrates (g)	39	
Total Sugars (g)	24	
Added Sugar (g)	15	24.4
Total Fat (g)	17	20.0
Saturated Fat (g)	6	23.2
Trans Fat (g)	0	0.0
Cholesterol (mg)	0	
Sodium (mg)	43	1.7

\*Approximate Values

\*\*Recommended Dietary Allowance

# PINACOLADA SUNDAE

**INGREDIENTS:** Pinacolada Pulp 52% (Pineapple Pulp, Tender coconut Pulp, Sugar Syrup), Malai Icecream 47% (Milk, Sugar)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	202	8.1
Protein (g)	4	
Carbohydrates (g)	26	
Total Sugars (g)	26	
Added Sugar (g)	17	26.5
Total Fat (g)	10	11.5
Saturated Fat (g)	8	29.9
Trans Fat (g)	0	0.0
Cholesterol (mg)	11	
Sodium (mg)	36	1.4

#Approximate Values

##Recommended Dietary Allowance

# CARAMEL POPCORN SUNDAE

**INGREDIENTS:** Espresso Walnut Icecream 72% (Milk, Sugar, Coffee Sauce (Sugar, Coffee Powder), Walnut), Caramel Popcorn 16%, Walnut crush (8%), Coffee Sauce 4% (Sugar Syrup, Coffee Powder)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. <sup>#</sup> Value per 100g	% RDA <sup>##</sup> Per serving
Energy (Kcal)	259	10.3
Protein (g)	6	
Carbohydrates (g)	24	
Total Sugars (g)	16	
Added Sugar (g)	9	13.8
Total Fat (g)	14	16.2
Saturated Fat (g)	6	20.7
Trans Fat (g)	0	0.0
Cholesterol (mg)	0	
Sodium (mg)	49	2.0

<sup>#</sup>Approximate Values

<sup>##</sup>Recommended Dietary Allowance



# AMERICAN BREAKFAST SUNDAE

**INGREDIENTS:** Malai Icecream 48% (Milk, Sugar), Sweetened Strawberry Pulp 37% (Strawberry Pulp, Sugar Syrup), Corn flakes 8%, Kismis (2%), Cashew (2%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. <sup>#</sup> Value per 100g	% RDA <sup>##</sup> Per serving
Energy (Kcal)	218	8.7
Protein (g)	4	
Carbohydrates (g)	32	
Total Sugars (g)	26	
Added Sugar (g)	16	25.6
Total Fat (g)	10	11.4
Saturated Fat (g)	7	25.6
Trans Fat (g)	0	0.0
Cholesterol (mg)	11	
Sodium (mg)	43	1.7

<sup>#</sup>Approximate Values

<sup>##</sup>Recommended Dietary Allowance

# TROPICAL SUNDAE

**INGREDIENTS:** Malai Ice cream 50% (Milk,Sugar), Sweetened Papaya 46% (Pineapple, Papaya, Sugar Syrup)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	229	9.2
Protein (g)	4	
Carbohydrates (g)	32	
Total Sugars (g)	31	
Added Sugar (g)	23	36.8
Total Fat (g)	9	10.8
Saturated Fat (g)	7	27.1
Trans Fat (g)	0	0.0
Cholesterol (mg)	13	
Sodium (mg)	38	1.5

#Approximate Values

##Recommended Dietary Allowance

# BANANA SPLIT SUNDAE

**INGREDIENTS:** Caramel Sauce 53% (Sugar, Rich Cream (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450,INS 412),INS 415, INS 464), Butter), Banana (21%), Malai Ice cream19% (Milk, Sugar), Granola4% (Rolled Oats, Candied Fruit and Nuts, Candied Cranberry, Almond, Suga, Otas Flour, Edible Oil (Pamonolein), Rice, Whole Wheat, Rice flour, Liquid Glucoc, Corn flour, Honey, Cereal extract, Wheat bran, Refined wheat flour (maida), Iodised Salt, Dextrose, Barley Flour, Vitamin Rasing Aget INS 500(II), Minerals, Antioxidents (INS 320), Walnut(1%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	251	10.0
Protein (g)	2	
Carbohydrates (g)	18	
Total Sugars (g)	8	
Added Sugar (g)	3	5.1
Total Fat (g)	11	12.8
Saturated Fat (g)	4	13.2
Trans Fat (g)	0	0.0
Cholesterol (mg)	4	
Sodium (mg)	18	0.7

#Approximate Values

##Recommended Dietary Allowance

# BANANA RASAYAN SUNDAE

**INGREDIENTS:** Tender coconut pulp 62%, (Sugar Syrup, Tender coconut pulp), Malai Icecream 22% (Milk,Sugar), Sweetened Banana Rasayana Pulp15% (Banana Pulp, Sugar Syrup, Kismis)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	233	9.3
Protein (g)	2	
Carbohydrates (g)	11	
Total Sugars (g)	34	
Added Sugar (g)	32	51.0
Total Fat (g)	4	5.3
Saturated Fat (g)	4	13.7
Trans Fat (g)	0	0.0
Cholesterol (mg)	5	
Sodium (mg)	33	1.3

#Approximate Values

##Recommended Dietary Allowance

# TADGOLA SUNDAE

**INGREDIENTS:** Malai Icecream 50% (Milk, Sugar), Sweetened Ice apple pulp 44% (Ice Apple Pulp, Sugar Syrup)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	214	8.5
Protein (g)	4	
Carbohydrates (g)	29	
Total Sugars (g)	24	
Added Sugar (g)	19	29.8
Total Fat (g)	9	10.1
Saturated Fat (g)	7	25.5
Trans Fat (g)	0	0.0
Cholesterol (mg)	12	
Sodium (mg)	39	1.5

#Approximate Values

##Recommended Dietary Allowance

# KHUBANI KA MEETHA SUNDAE

**INGREDIENTS:** Malai Icecream 50% (Milk, Sugar), Khupani Pulp 38% (Dried Apricot pulp, Sugar Syrup), Orange Apricot (2%), Roasted Almond (2%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	197	7.9
Protein (g)	4	
Carbohydrates (g)	21	
Total Sugars (g)	21	
Added Sugar (g)	8	13.2
Total Fat (g)	10	11.9
Saturated Fat (g)	7	25.6
Trans Fat (g)	0	0.0
Cholesterol (mg)	12	
Sodium (mg)	39	1.6

#Approximate Values

##Recommended Dietary Allowance

# CARROT HALWA TWIST SUNDAE

**INGREDIENTS:** Malai Icecream 43% (Milk, Sugar), Carrot Halwa 39% (Carrot Pulp, Sugar Syrup, Ghee, Ealichi), Waffle cone 9% (Refined Wheat Flour (Maida), Sugar, Refined Palm Oil, Emulsifier (INS322), Raising Agent (INS500(II), Milk Solids, Edible Common Salt), Almon (4%), Pista (2%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

Nutritional Information	Approx. #Value per 100g	% RDA ##Per serving
Energy (Kcal)	283	11.3
Protein (g)	6	
Carbohydrates (g)	35	
Total Sugars (g)	26	
Added Sugar (g)	7	10.5
Total Fat (g)	13	15.1
Saturated Fat (g)	7	26.6
Trans Fat (g)	0	0.0
Cholesterol (mg)	10	
Sodium (mg)	118	4.7

#Approximate Values

##Recommended Dietary Allowance

# JACKFRUIT MURAMBA TWIST SUNDAE

**INGREDIENTS:** Malai Icecream 52% (Milk, Sugar), Sweetened Jackfruit Pulp 41%( Jackfruit Pulp, Sugar Syrup), Roasted Cashew ( 5%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	272	10.9
Protein (g)	5	
Carbohydrates (g)	34	
Total Sugars (g)	28	
Added Sugar (g)	17	27.0
Total Fat (g)	12	14.1
Saturated Fat (g)	7	27.1
Trans Fat (g)	0	0.0
Cholesterol (mg)	12	
Sodium (mg)	58	2.3

#Approximate Values

##Recommended Dietary Allowance



# MANGO PASSION FRUIT SUNDAE

**INGREDIENTS:** Sweetened Passion fruit Pulp 56% (Passion fruit, Sugar Syrup), Mango pieces 25%, Mango Icecream 18% ( Milk, Sugar, Sweetened Mango Pulp)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	175	7.0
Protein (g)	2	
Carbohydrates (g)	38	
Total Sugars (g)	36	
Added Sugar (g)	23	36.6
Total Fat (g)	2	1.9
Saturated Fat (g)	1	4.2
Trans Fat (g)	0	0.0
Cholesterol (mg)	3	
Sodium (mg)	16	0.6

#Approximate Values

##Recommended Dietary Allowance

# MUD SLIDE SUNDAE

**INGREDIENTS:** Mud Pie 84% (Milk, Sugar, Chocolate Ganache (Cooking Cream, Compound Chocolate), Chocolate Sponge (Chocolate Premix, Water, Oil), Chocolate Paste (Milk, Cocoa Solids, Sugar), Brownie (Brownie Premix, Water, Cocoa Solid, Oil), Almond), Chocolate sauce 9% (Rich Cream (Water, Edible vegetable Fat (Hydrogenated Oils), Liquid Glucose, Milk Solids, Emulsifiers (CNS 481(i), INS 471, INS 477, INS 322, INS 491, Caseinate, Acidity Regulators (INS 331(iii), INS 339(ii), Stabilizers (INS 1450, INS 412), INS 415, INS 464), Almond (4%), Icing Sugar(1%)

Serving size- 1 scoop (approx. 80 g) and  
No. of serving per pack – 6

<b>Nutritional Information</b>	<b>Approx. #Value per 100g</b>	<b>% RDA ##Per serving</b>
Energy (Kcal)	301	12.0
Protein (g)	6	
Carbohydrates (g)	28	
Total Sugars (g)	19	
Added Sugar (g)	10	16.5
Total Fat (g)	16	19.1
Saturated Fat (g)	10	35.3
Trans Fat (g)	0	0.0
Cholesterol (mg)	0	
Sodium (mg)	77	3.1

#Approximate Values

##Recommended Dietary Allowance