

Nutritional Information



Sr.No.	Dish Name	Energy (Kcal)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g) [Required only if the fat % is >=0.5%]	Trans Fat (g) [Required only if the fat % is >=0.5%]	Cholesterol (mg) [Required only if the fat % is >=0.5%]	Sodium (mg)	Allergen [Refer Annexure III for details] [Refer Annexure III for details]	Mandatory declaration as per Schedule II* [Refer Annexure-I for details]
1	SITAPHAL ICE CREAM	194	26	23	9	4	10	5	<0.1	18	78	CONTAINS MILK AND MAY CONTAIN NUTS	
2	MANGO MEDIUM FAT ICE CREAM	186	21	24	11	5	8	6	<0.1	14	46	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
3	TENDER COCONUT ICE CREAM	209	19	23	10	6	11	8	<0.1	7	67	CONTAINS MILK AND MAY CONTAIN NUTS	
4	WATERMELON ICE CREAM	203	19	23	8	5	11	8	<0.1	9	63	CONTAINS MILK AND MAY CONTAIN NUTS	
5	CHICKOO ICE CREAM	209	19	16	10	6	11	8	<0.1	10	58	CONTAINS MILK AND MAY CONTAIN NUTS	
6	BLACK GRAPES MEDIUM FAT ICE CREAM	203	23	26	10	5	9	7	<0.1	20	56	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
7	LYCHEE ICE CREAM	224	21	29	9	6	12	9	<0.1	13	29	CONTAINS MILK AND MAY CONTAIN NUTS	
8	MUSKMELON ICE CREAM	212	19	19	10	6	12	9	<0.1	24	78	CONTAINS MILK AND MAY CONTAIN NUTS	
9	JACKFRUIT ICE CREAM	216	21	19	9	6	11	9	<0.1	11	68	CONTAINS MILK AND MAY CONTAIN NUTS	
10	PAPAYA PINEAPPLE ICE CREAM	202	18	25	9	5	11	8	<0.1	15	70	CONTAINS MILK AND MAY CONTAIN NUTS	
11	ANJEER ICE CREAM	229	21	26	13	6	12	9	<0.1	13	30	CONTAINS MILK AND MAY CONTAIN NUTS	
12	KALA JAMUN MEDIUM FAT ICE CREAM	194	20	34	11	5	9	7	<0.1	15	70	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
13	GUAVA ICE CREAM	200	20	16	10	4	11	8	<0.01	0	49	CONTAINS MILK AND MAY CONTAIN NUTS	
14	MALAI ICE CREAM	275	21	25	15	7	17	14	<0.1	23	72	CONTAINS MILK AND MAY CONTAIN NUTS	
15	ROASTED ALMOND ICE CREAM	239	20	22	13	8	13	8	<0.1	22	75	CONTAINS MILK AND NUTS	
16	KESAR PISTA ICE CREAM	271	22	27	14	5	17	14	<0.1	24	56	CONTAINS MILK AND NUTS	
17	COFFEE WALNUT ICE CREAM	247	25	21	13	8	12	6	<0.1	18	76	CONTAINS MILK AND NUTS	
18	KAJU KISMIS ICE CREAM	230	22	26	13	7	12	7	<0.1	9	75	CONTAINS MILK AND NUTS	
19	DATES ICE CREAM	234	27	24	13	6	11	8	<0.1	20	80	CONTAINS MILK AND MAY CONTAIN NUTS	
20	CHOCO CREAM ICE CREAM	218	21	25	14	6	11	8	<0.1	24	77	CONTAINS MILK AND MAY CONTAIN NUTS	
21	CHOCO BITE ICE CREAM	250	22	19	17	6	14	10	<0.1	27	45	CONTAINS MILK AND MAY CONTAIN NUTS	
22	CHOCO ALMOND ICE CREAM	220	23	21	13	7	10	6	<0.1	29	68	CONTAINS MILK AND NUTS	
23	STRAWBERRY ICE CREAM	196	19	28	11	5	10	7	<0.1	12	45	CONTAINS MILK AND MAY CONTAIN NUTS	
24	GOOSEBERRY ICE CREAM	212	20	16	11	7	12	8	0	25	172	CONTAINS MILK AND MAY CONTAIN NUTS	
25	RASPBERRY ICE CREAM	228	28	25	21	4	10	7	<0.1	0	49	CONTAINS MILK AND MAY CONTAIN NUTS	
26	BLACK CURRANT MEDIUM FAT ICE CREAM	254	40	37	20	5	7	5	<0.1	10	21	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
27	BLUEBERRY ICE CREAM	207	19	18	10	5	11	7	<0.1	0	53	CONTAINS MILK AND MAY CONTAIN NUTS	
28	MULBERRY ICE CREAM	198	21	20	15	5	10	7	<0.1	4	19	CONTAINS MILK AND MAY CONTAIN NUTS	
29	TENDER ANJEER ICE CREAM	193	19	14	9	6	10	7	<0.1	0	42	CONTAINS MILK AND MAY CONTAIN NUTS	
30	SHAHI ANJEER ICE CREAM	251	24	18	13	7	12	11	<0.1	20	46	CONTAINS MILK AND NUTS	
31	BERRY BITE ICE CREAM	235	25	15	13	5	12	9	<0.1	11	72	CONTAINS MILK AND MAY CONTAIN NUTS	
32	TILGUL ICE CREAM	284	19	17	13	9	18	9	<0.1	17	72	CONTAINS MILK AND NUTS	
33	PSG ICE CREAM	233	21	22	14	6	13	9	<0.1	17	65	CONTAINS MILK AND MAY CONTAIN NUTS	
34	KIWI PINEAPPLE MEDIUM FAT ICE CREAM	194	21	15	9	5	9	6	0	26	61	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
35	FIG AND HONEY MEDIUM FAT ICE CREAM	191	21	17	9	5	9	6	<0.1	16	39	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
36	COFFEE CINNEMON ICE CREAM	316	42	19	14	6	13	9	<0.1	18	42	CONTAINS MILK AND MAY CONTAIN NUTS	
37	AMRAKHAND ICE CREAM	217	22	23	19	9	10	6	0	25	57	CONTAINS MILK AND MAY CONTAIN NUTS	
38	MUSK MANGO MEDIUM FAT ICE CREAM	180	19	17	9	5	9	6	<0.1	17	37	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
39	SAUNF ICE CREAM	226	22	17	14	7	12	8	<0.1	31	78	CONTAINS MILK AND MAY CONTAIN NUTS	
40	PERSIAN DELIGHT ICE CREAM	236	27	22	12	6	10	10	<0.1	18	64	CONTAINS MILK AND NUTS	
41	PISTA CHIKKI ICE CREAM	228	24	19	19	8	10	6	0	0	53	CONTAINS MILK AND NUTS	
42	FILTER COFFEE ICE CREAM	220	22	18	14	4	12	8	0	18	71	CONTAINS MILK AND MAY CONTAIN NUTS	
43	HONEY CRUNCH ICE CREAM	237	24	20	13	7	12	7	0	0	75	CONTAINS MILK AND NUTS	
44	GINGER CANDY ICE CREAM	240	21	18	16	5	14	8	0	<0.1	57	CONTAINS MILK AND MAY CONTAIN NUTS	
45	ROYAL DRY FRUIT ICE CREAM	237	23	19	13	6	12	7	0	0	68	CONTAINS MILK AND NUTS	
46	PINEAPPLE MANGO ICE CREAM	217	24	19	16	5	10	6	0	0	41	CONTAINS MILK AND MAY CONTAIN NUTS	
47	HAZELNUT CRUNCH ICE CREAM	270	27	19	16	7	14	2	0	27	69	CONTAINS MILK AND NUTS	
48	PINACOLADA ICE CREAM	271	20	18	10	7	17	13	<0.1	23	47	CONTAINS MILK AND MAY CONTAIN NUTS	
49	PEACH APRICOT ICE CREAM	238	24	24	10	6	12	7	<0.1	11	34	CONTAINS MILK AND MAY CONTAIN NUTS	
50	ORANGE CHOCOLATE ICE CREAM	279	30	25	18	2	16	0	0	0	113	CONTAINS MILK AND MAY CONTAIN NUTS	
51	DATES & WALNUT ICE CREAM	240	25	21	12	7	12	6	<0.1	0	38	CONTAINS MILK AND NUTS	
52	ORANGE PISTACHIO MEDIUM FAT ICE CREAM	209	26	17	15	5	9	5	<0.1	16	32	CONTAINS MILK AND NUTS	MEDIUM FAT ICECREAM
53	SPICY GUAVA ICE CREAM	193	19	18	10	5	10	6	0	0	244	CONTAINS MILK AND MAY CONTAIN NUTS	
54	MANGO PASSION ICE CREAM	193	19	14	9	6	10	7	<0.1	0	42	CONTAINS MILK AND MAY CONTAIN NUTS	
55	COFFEE HAZELNUT ICE CREAM	248	19	17	13	7	15	9	<0.1	0	44	CONTAINS MILK AND NUTS	
56	KAJU KESAR SHRIKHAND ICE CREAM	237	30	28	20	6	10	7	<0.1	24	77	CONTAINS MILK AND NUTS	
57	MOCHA ALMOND FUDGE ICE CREAM	314	30	34	21	5	18	0	0	0	119	CONTAINS MILK AND NUTS	
58	PISTA CLOVE ICE CREAM ICE CREAM	218	23	15	14	6	11	7	0	32	82	CONTAINS MILK AND NUTS	
59	THANDAI ICE CREAM	220	14	25	14	7	14	10	<0.01	21	81	CONTAINS MILK AND NUTS	
60	ROASTED KAJU ICE CREAM	279	21	15	12	9	17	9	0	31	36	CONTAINS MILK AND NUTS	
61	MELONBLAST ICE CREAM	271	20	15	9	7	17	13	<0.1	23	37	CONTAINS MILK AND MAY CONTAIN NUTS	
62	CHERRY PINEAPPLE MEDIUM FAT ICE CREAM	190	20	33	13	5	9	7	<0.1	19	76	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
63	MOCHA ICE CREAM	237	23	17	14	5	13	9	0	10	39	CONTAINS MILK AND MAY CONTAIN NUTS	
64	COFFEEBITE ICE CREAM	211	23	19	16	5	10	7	<0.1	16	37	CONTAINS MILK AND MAY CONTAIN NUTS	
65	PRASADAM ICE CREAM	213	23	16	10	6	10	7	<0.1	11	46	CONTAINS MILK AND MAY CONTAIN NUTS	
66	MALAI KHURMA ICE CREAM	236	21	43	12	7	13	8	<0.1	18	100	CONTAINS MILK AND NUTS	
67	WATERMELON GINGER ICE CREAM	182	16	17	11	5	10	4	0	8	60	CONTAINS MILK AND MAY CONTAIN NUTS	
68	HONEY GINGER MEDIUM FAT ICE CREAM	219	27	19	8	6	9	6	<0.1	26	131	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
69	TOFFEE ICE CREAM	282	23	24	20	5	18	13	<0.1	15	85	CONTAINS MILK AND MAY CONTAIN NUTS	
70	CHUNKY BANANA ICE CREAM	237	22	17	11	7	13	7	<0.1	13	51	CONTAINS MILK AND NUTS	
71	SHRIKHAND ICE CREAM	232	25	24	21	6	11	7	<0.1	23	35	CONTAINS MILK AND NUTS	
72	CHERRY BERRY ICE CREAM	196	17	14	9	6	11	8	<0.1	19	40	CONTAINS MILK AND MAY CONTAIN NUTS	
73	CHOCO FRUIT AND NUT ICE CREAM	240	14	17	13	7	17	10	<0.1	19	37	CONTAINS MILK AND NUTS	
74	ANJEER PISTA CHIKKI ICE CREAM	374	28	22	17	7	11	6	<0.1	0	35	CONTAINS MILK AND NUTS	
75	CHOCO HAZELNUT ICE CREAM	273	25	14	13	6	15	6	<0.1	0	44	CONTAINS MILK AND NUTS	
76	SALTED CARAMEL ICE CREAM	303	38	24	21	5	14	8	0	0	83	CONTAINS MILK AND MAY CONTAIN NUTS	
77	ANJEER KAJU ICE CREAM	249	26	18	12	8	11	7	0	0	103	CONTAINS MILK AND NUTS	
78	NUTTY BAR ICE CREAM	271	33	24	21	6	12	7	0	<0.1	41	CONTAINS MILK AND NUTS	
79	TANGY IMALI ICE CREAM	234	22	18	13	2	14	0	0	0	110	CONTAINS MILK AND MAY CONTAIN NUTS	
80	BLUEBERRY NUTS MEDIUM FAT ICE CREAM	217	36	28	13	3	8	4	<0.1	7	21	CONTAINS MILK AND NUTS	MEDIUM FAT ICECREAM
81	RAW MANGO COCONUT ICE CREAM	219	23	16	12	3	12	0	0	0	117	CONTAINS MILK AND MAY CONTAIN NUTS	
82	RASPBERRY CHOCOLATE ICE CREAM	239	31	23	22	5	10	7	<0.1	0	51	CONTAINS MILK AND MAY CONTAIN NUTS	
83	MOCHA HAZELNUT ICE CREAM	263	22	15	13	7	15	9	<0.1	17	62	CONTAINS MILK AND NUTS	
84	BUTTERSCOTCH ICE CREAM	235	24	21	18	6	12	9	<0.1	0	84	CONTAINS MILK AND NUTS	
85	MEETHA PAAN	214	21	21	14	5	12	8	<0.1	0	35	CONTAINS MILK AND NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
86	GAJAR HALWA	229	19	18	11	6	13	9	0	13	144	CONTAINS MILK AND NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
87	GULKAND	229	26	21	19	6	10	7	<0.1	0	84	CONTAINS MILK AND MAY CONTAIN NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
88	ROSE WALNUT	260	39	53	20	6	9	4	<0.1	18	67	CONTAINS MILK AND NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
89	ROSE SHRIKHAND	306	50	48	14	5	9	5	<0.1	9	21	CONTAINS MILK AND MAY CONTAIN NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
90	BEETROOT BANANA	280	20	16	15	5	19	0	0	0	130	CONTAINS MILK AND MAY CONTAIN NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS
91	ANJEER MEDIUM FAT NO ADDED SUGAR ICE CREAM	216	30	24	0	5	7	5	<0.1	0	45	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM
92	MANGO MEDIUM FAT NO ADDED SUGAR ICE CREAM	179	24	19	0	4	6	4	<0.1	0	47	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM

* Serving size of one scoop is 80g

* Nutritional values mentioned in above sheets are approximate values for per 100 g quantity

* An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary