

### مهروسة

Recipe grams: 520.17g/18.3oz  
Serves 1 520.17g/18.3oz per serving



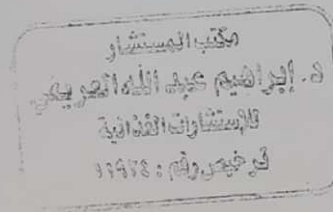
Protein: 8%  
Carbohydrates: 77%  
Fat: 16%

### INGREDIENTS

300 gram BANANA  
0.00 servings خبز ملوح  
10 gram HONEY  
10 gram Margarine

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



### Nutrition Facts

1 serving per container  
Serving size 1 serving (520g)

Amount per serving  
**Calories 840**

		% Daily Value*
Total Fat	14g	19%
Saturated Fat	3.0g	16%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1140mg	50%
Total Carbohydrate	168g	61%
Dietary Fiber	11g	39%
Total Sugars	45g	
Protein	16g	

Vit. D 0mcg 0% • Calcium 41mg 4%  
Iron 2mg 10% • Potas. 1200mg 25%

## فحسة سبأ

Recipe grams: 379.00g/13.4oz  
Serves 1 379.00g/13.4oz per serving



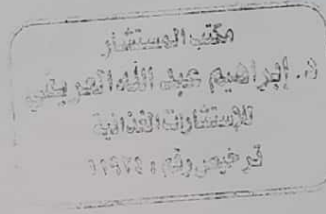
Protein: 59%  
Carbohydrates: 11%  
Fat: 31%

### INGREDIENTS

141 gram BEEF ROUND STEAK, COOKED  
2 gram SALT, TABLE  
5 gram CUMIN, GROUND  
3 gram TURMERIC, DRIED  
1 gram PEPPER, GROUND  
10 gram ONION, RAW  
5 gram CORIANDER SEED  
19 gram RED TACO SAUCE  
188 gram WATER, BOTTLED  
5 gram GARLIC, RAW

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



## Nutrition Facts

1 serving per container  
Serving size 1 serving (379g)

Amount per serving

**Calories 300**

% Daily Value\*

Total Fat	10g	13%
Saturated Fat	3.0g	14%
Trans Fat	0g	
Cholesterol	105mg	36%
Sodium	1000mg	43%
Total Carbohydrate	12g	4%
Dietary Fiber	5g	17%
Total Sugars	2g	
Protein	42g	

Vit. D 0mcg 0% • Calcium 121mg 10%  
Iron 7mg 40% • Potas. 590mg 15%

### مطبق سبأ

Recipe grams: 230.00g/8.1oz  
Serves 1 230.00g/8.1oz per serving

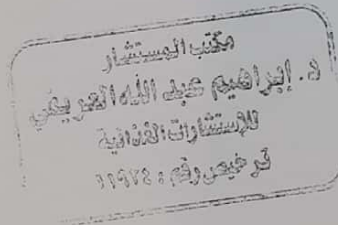


Protein: 17%  
Carbohydrates: 26%  
Fat: 57%

### INGREDIENTS

98 gram SPRING ROLLS  
38 gram LEEK  
60 gram WHITE CHEESE  
0.5 gram SALT, TABLE  
0.5 gram SPICES  
1 gram BUTTER  
2 gram TOMATO  
15 gram CHEDDAR CHEESE  
15 gram CREAM CHEESE

Added Sugar 0 g

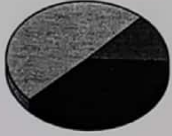


General Manager:  
Dr, Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size	1 serving (230g)
Amount per serving	
<b>Calories</b>	<b>510</b>
% Daily Value*	
Total Fat 31g	39%
Saturated Fat 15g	74%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 1310mg	57%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	12%
Total Sugars 2g	
Protein 21g	
Vit. D 0.01mcg 0%	Calcium 398mg 30%
Iron 1mg 8%	Potas. 220mg 4%

**مطبق موز**

Recipe grams: 338.00g/11.9oz  
Serves 1 338.00g/11.9oz per serving



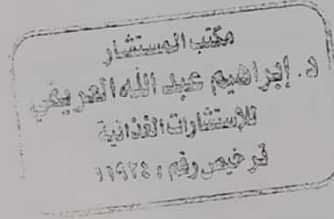
Protein: 13%  
Carbohydrates: 49%  
Fat: 38%

**INGREDIENTS**

98 gram SPRING ROLLS  
60 gram CHEESE white  
170 gram BANANA  
10 gram SUGAR

Added Sugar 10 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



**Nutrition Facts**

1 serving per container  
Serving size 1 serving (338g)

Amount per serving

**Calories 540**

% Daily Value\*

Total Fat	23g	29%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	45mg	14%
Sodium	1060mg	46%
Total Carbohydrate	71g	26%
Dietary Fiber	5g	19%
Total Sugars	34g	
Protein	18g	

Vit. D 0mcg 0% • Calcium 294mg 25%  
Iron 0.44mg 2% • Potas. 610mg 15%

### مطبق جبن مالخ

Recipe grams: 214.00g/7.5oz  
Serves 1 214.00g/7.5oz per serving



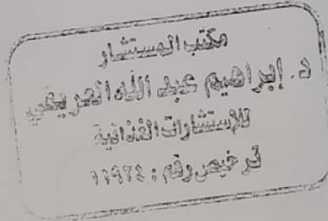
Protein: 18%  
Carbohydrates: 17%  
Fat: 65%

#### INGREDIENTS

98 gram SPRING ROLLS  
60 gram CHEESE PRODUCT  
1 gram BUTTER  
55 gram CHEDDAR CHEESE

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size 1 serving (214g)	
Amount per serving	
<b>Calories</b>	<b>570</b>
% Daily Value*	
Total Fat 41g	52%
Saturated Fat 21g	106%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1640mg	71%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	9%
Total Sugars 4g	
Protein 26g	
Vit. D 0.34mcg 2% • Calcium 612mg 45%	
Iron 0.49mg 2% • Potas. 200mg 4%	



### معصوب قشطة عسل

Recipe grams: 604.64g/21.3oz  
Serves 1 604.64g/21.3oz per serving



Protein: 4%  
Carbohydrates: 58%  
Fat: 38%

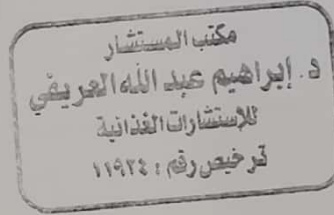
#### INGREDIENTS

0.00 servings خبز ملوح  
150 gram BANANA  
5 gram MARGARINE  
150 gram HEAVY CREAM  
100 gram HONEY

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size	1 serving (605g)
Amount per serving	
<b>Calories</b>	<b>1510</b>
% Daily Value*	
<b>Total Fat</b> 60g	77%
Saturated Fat 36g	182%
Trans Fat 1.0g	
<b>Cholesterol</b> 200mg	67%
<b>Sodium</b> 1120mg	49%
<b>Total Carbohydrate</b> 212g	77%
Dietary Fiber 7g	24%
Total Sugars 79g	
<b>Protein</b> 14g	
Vit. D 0mcg 0%	• Calcium 35mg 2%
Iron 2mg 10%	• Potas. 130mg 2%

General Manager:  
Dr, Ibrahim Abdullah ALArifi



**مطبق مالح - مطاعم سبأ**

Recipe grams: 200.00g/7.1oz  
Serves 1 200.00g/7.1oz per serving



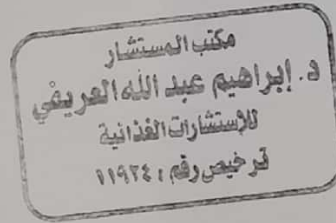
Protein: 18%  
Carbohydrates: 26%  
Fat: 56%

**INGREDIENTS**

98 gram SPRING ROLLS  
60 gram CHEESE, WHITE  
38 gram LEEK, RAW  
0.5 gram CHILI SPICE  
0.5 gram SALT, TABLE  
2 gram TOMATO  
1 gram BUTTER

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



**Nutrition Facts**

1 serving per container  
Serving size 1 serving (200g)

Amount per serving

**Calories 400**

% Daily Value\*

Total Fat	24g	31%
Saturated Fat	10g	48%
Trans Fat	0g	
Cholesterol	50mg	17%
Sodium	1340mg	58%
Total Carbohydrate	29g	10%
Dietary Fiber	3g	11%
Total Sugars	5g	
Protein	18g	

Vit. D 0.01mcg 0% • Calcium 656mg 50%  
Iron 0.85mg 4% • Potas. 75mg 2%

### معصوب عادي

Recipe grams: 354.64g/12.5oz  
Serves 1 354.64g/12.5oz per serving



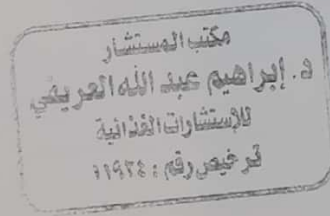
Protein: 9%  
Carbohydrates: 76%  
Fat: 15%

#### INGREDIENTS

0.00 servings خبز ملوح  
150 gram BANANA  
5 gram MARGARINE

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size 1 serving (355g)	
Amount per serving	
<b>Calories</b>	<b>650</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 1.0g	
Cholesterol 0mg	0%
Sodium 1120mg	49%
Total Carbohydrate 127g	46%
Dietary Fiber 7g	24%
Total Sugars 0g	
Protein 14g	
Vit. D 0mcg 0%	• Calcium 35mg 2%
Iron 2mg 10%	• Potas. 130mg 2%



### قلاية سبياً

Recipe grams: 242.00g/8.5oz  
Serves 1 242.00g/8.5oz per serving



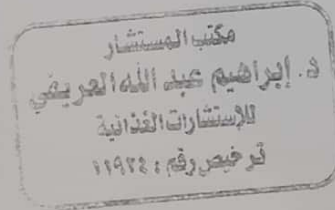
Protein: 34%  
Carbohydrates: 7%  
Fat: 59%

#### INGREDIENTS

73.5 gram BEEF LIVER, COOK  
73.5 gram LAMB SHOULDER, COOK  
15 gram ONION, RAW  
15 gram TOMATO  
18 gram GREEN PEPPER, SWEET  
5 gram GARLIC, RAW  
22 gram OIL  
1 gram SALT, TABLE  
18 gram TOMATO SAUCE  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size	1 serving (242g)
Amount per serving	
<b>Calories</b>	<b>510</b>
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 360mg	120%
Sodium 600mg	26%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	5%
Total Sugars 2g	
Protein 43g	
Vit. D 0.88mcg 4%	Calcium 41mg 4%
Iron 8mg 40%	Potas. 700mg 15%

### عقدة دجاج

Recipe grams: 523.24g/18.5oz  
Serves 1 523.24g/18.5oz per serving



Protein: 34%  
Carbohydrates: 33%  
Fat: 33%

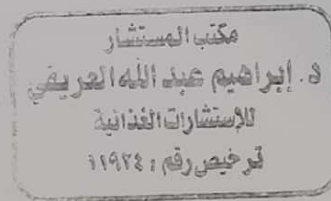
### INGREDIENTS

121 gram CHICKEN, COOKED  
82 gram POTATO, BOILED, COOKED  
59 gram ZUCCHINI, BOILED, NO SALT, SLICED  
12 gram ONION, RAW  
20 gram JUICE, TOMATO  
18 gram GREEN PEPPER, SWEET  
5 gram GARLIC, RAW  
188 ml WATER, BOTTLED  
18 gram TURMERIC, DRIED

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size	1 serving (523g)
Amount per serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 150mg	6%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	20%
Total Sugars 3g	
Protein 29g	
Vit. D 0mcg 0%	• Calcium 93mg 8%
Iron 8mg 45%	• Potas. 1200mg 25%

General Manager:  
Dr. Ibrahim Abdullah ALArifi



### فول قلابة

Recipe grams: 249.00g/8.8oz  
Serves 1 249.00g/8.8oz per serving



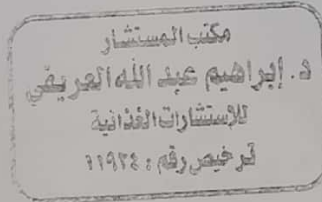
Protein: 27%  
Carbohydrates: 48%  
Fat: 25%

#### INGREDIENTS

200 gram BROAD BEAN  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND  
15 gram ONION, RAW  
15 gram TOMATO  
10 gram TOMATO SAUCE, canned  
5 gram MARGARINE  
0.5 gram SALT, TABLE  
0.5 gram CORIANDER SEED  
2 gram GARLIC, RAW

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size 1 serving (249g)	
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.0g	4%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 1210mg	53%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	30%
Total Sugars 2g	
Protein 12g	
Vit. D 0mcg 0%	• Calcium 71mg 6%
Iron 3mg 15%	• Potas. 610mg 15%



General Manager:  
Dr, Ibrahim Abdullah ALArifi

### مطبق حراء

Recipe grams: 210.00g/7.4oz  
Serves 1 210.00g/7.4oz per serving



Protein: 17%  
Carbohydrates: 23%  
Fat: 60%

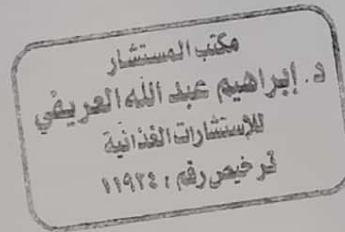
#### INGREDIENTS

98 gram SPRING ROLLS  
60 gram AMERICAN CHEESE  
38 gram LEEK  
0.5 gram SPICES  
0.5 gram SALT, TABLE  
1 gram BUTTER  
2 gram TOMATO  
10 gram CHILI PEPPER, GREEN, RAW

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size	1 serving (210g)
Amount per serving	
<b>Calories</b>	<b>430</b>
% Daily Value*	
<b>Total Fat</b> 29g	<b>38%</b>
Saturated Fat 15g	73%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>19%</b>
<b>Sodium</b> 1340mg	<b>58%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	12%
Total Sugars 2g	
<b>Protein</b> 18g	
Vit. D 0.01mcg 0%	Calcium 351mg 25%
Iron 0.94mg 6%	Potas. 40mg 0%

General Manager:  
Dr. Ibrahim Abdullah ALArifi



### مقلقل دجاج

Recipe grams: 194.00g/6.8oz  
Serves 1 194.00g/6.8oz per serving



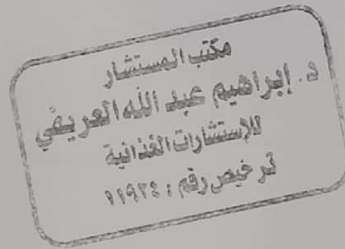
Protein: 41%  
Carbohydrates: 5%  
Fat: 53%

#### INGREDIENTS

105 gram CHICKEN BREAST, BONELESS, FRIED  
12 gram ONION, RAW  
20 gram TOMATO  
18 gram GREEN PEPPER, SWEET  
15 gram CORN & CANOLA OIL  
0.5 gram SALT, TABLE  
18 gram RED TACO SAUCE  
5.5 gram CUMIN, GROUND

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size	1 serving (194g)
Amount per serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 440mg	19%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	9%
Total Sugars 3g	
Protein 36g	
Vit. D 0.11mcg 0%	Calcium 69mg 6%
Iron 3mg 20%	Potas. 490mg 10%



### كبدة

Recipe grams: 229.10g/8.1oz  
Serves 1 229.10g/8.1oz per serving



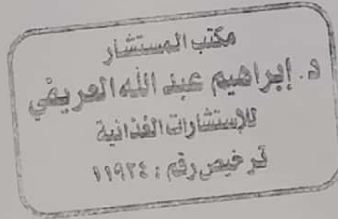
Protein: 58%  
Carbohydrates: 18%  
Fat: 23%

### INGREDIENTS

147 gram BEEF LIVER, FRIED  
15 gram ONION, RAW  
25 gram TOMATO  
18 gram GREEN PEPPER, SWEET  
5 gram GARLIC, RAW  
0.1 gram SALT, TABLE  
18 gram TOMATO SAUCE, canned  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size 1 serving (229g)	
Amount per serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.0g	19%
Trans Fat 0g	
Cholesterol 560mg	187%
Sodium 250mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Total Sugars 3g	
Protein 40g	
Vit. D 2mcg 8%	• Calcium 33mg 2%
Iron 10mg 60%	• Potas. 730mg 15%

### عريكة

Recipe grams: 588.64g/20.8oz  
Serves 1 588.64g/20.8oz per serving



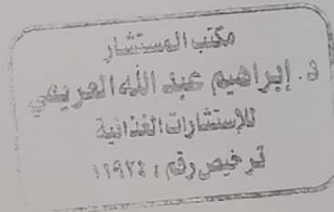
Protein: 6%  
Carbohydrates: 54%  
Fat: 40%

### INGREDIENTS

5 gram MARGARINE  
100 gram HONEY  
50 gram CHEDDAR CHEESE  
84 gram DATE, MEDJOL  
150 gram HEAVY CREAM  
0.00 servings خبز ملوح

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size 1 serving (589g)	
Amount per serving	
<b>Calories</b>	<b>1800</b>
% Daily Value*	
<b>Total Fat</b> 77g	<b>99%</b>
Saturated Fat 47g	236%
Trans Fat 1.0g	
<b>Cholesterol</b> 255mg	<b>85%</b>
<b>Sodium</b> 1420mg	<b>62%</b>
<b>Total Carbohydrate</b> 240g	<b>87%</b>
Dietary Fiber 9g	32%
Total Sugars 135g	
<b>Protein</b> 26g	
Vit. D 0mcg 0%	• Calcium 437mg 35%
Iron 2mg 10%	• Potas. 710mg 15%

### لحم مقلقل

Recipe grams: 380.34g/13.4oz  
Serves 1 380.34g/13.4oz per serving



Protein: 41%  
Carbohydrates: 8%  
Fat: 52%

### INGREDIENTS

115 gram BEEF, COOKED  
15 gram ONION, RAW  
20 gram TOMATO  
18 gram GREEN PEPPER, SWEET  
5 gram GARLIC, RAW  
188 ml WATER, BOTTLED  
18 gram TOMATO SAUCE, canned  
0.1 gram SALT, TABLE  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (380g)

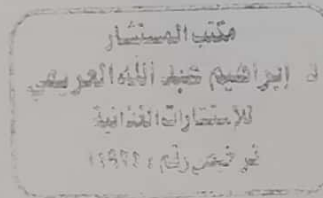
Amount per serving

**Calories 300**

% Daily Value\*

Total Fat	17g	22%
Saturated Fat	6g	32%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	240mg	10%
Total Carbohydrate	7g	3%
Dietary Fiber	1g	5%
Total Sugars	2g	
Protein	30g	

Vit. D 0.23mcg 2% • Calcium 72mg 6%  
Iron 4mg 25% • Potas. 610mg 15%



General Manager:  
Dr, Ibrahim Abdullah ALArifi

### لحسة

Recipe grams: 225.60g/8.0oz  
Serves 1 225.60g/8.0oz per serving



Protein: 11%  
Carbohydrates: 47%  
Fat: 42%

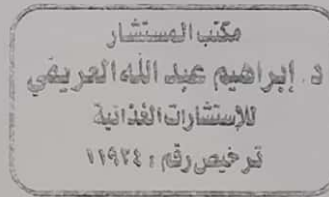
### INGREDIENTS

126 gram EGG  
15 gram ONION, RAW  
15 gram TOMATO  
10 gram CORN & CANOLA OIL  
15 gram TOMATO SAUCE, canned  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND  
0.1 gram SALT, TABLE  
0.5 gram CORIANDER SEED  
43 gram CREAM CHEESE

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size	1 serving (226g)
Amount per serving	
<b>Calories</b>	<b>600</b>
% Daily Value*	
<b>Total Fat</b> 27g	35%
Saturated Fat 11g	57%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	24%
<b>Sodium</b> 900mg	39%
<b>Total Carbohydrate</b> 73g	27%
Dietary Fiber 4g	14%
Total Sugars 5g	
<b>Protein</b> 17g	
Vit. D 0mcg 0%	• Calcium 61mg 4%
Iron 6mg 35%	• Potas. 220mg 4%

General Manager:  
Dr, Ibrahim Abdullah ALArifi



### مشكل خضار

Recipe grams: 491.94g/17.4oz  
Serves 1 491.94g/17.4oz per serving



Protein: 12%  
Carbohydrates: 79%  
Fat: 9%

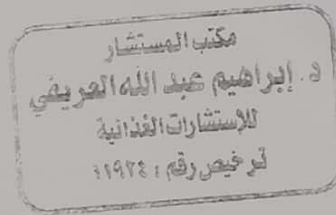
### INGREDIENTS

150 gram POTATO, BOILED  
100 gram ZUCCHINI W/SKIN, BOILED, NO SALT, SLICED  
20 gram TOMATO  
15 gram ONION, RAW  
5 gram CORIANDER SEED  
188 ml WATER, BOTTLED  
13 gram TOMATO SAUCE, canned  
0.2 gram GARLIC, RAW  
0.15 gram PEPPER, BLACK, GROUND  
0.15 gram CUMIN SEED  
0.1 gram TURMERIC, GROUND  
0.1 gram SALT, TABLE  
0.2 gram MAGGI SOUP

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size 1 serving (492g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 5g	
Protein 5g	
Vit. D 0mcg 0%	• Calcium 94mg 8%
Iron 2mg 10%	• Potas. 940mg 20%

General Manager:  
Dr. Ibrahim Abdullah ALArifi





رطب سمن

Recipe grams: 240.35g/8.5oz  
Serves 1 240.35g/8.5oz per serving



Protein: 10%  
Carbohydrates: 69%  
Fat: 22%

INGREDIENTS

0.00 servings حيز ملوح  
10 gram MARGARINE

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi

Nutrition Facts

1 serving per container  
Serving size 1 serving (240g)

Amount per serving

**Calories 620**

% Daily Value\*

Total Fat	14g	18%
Saturated Fat	2.0g	11%
Trans Fat	2.0g	
Cholesterol	0mg	0%
Sodium	1340mg	58%
Total Carbohydrate	106g	38%
Dietary Fiber	4g	13%
Total Sugars	0g	
Protein	14g	

Vit. D 0mcg 0% • Calcium 30mg 2%  
Iron 2mg 10% • Potas. 150mg 4%

معصوبة سبأ - سبأ مطعم

Recipe grams: 754.64g/26.6oz  
Serves 1 754.64g/26.6oz per serving



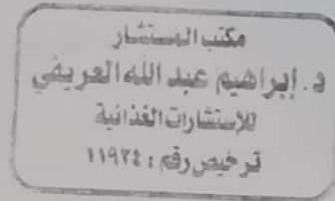
Protein: 10%  
Carbohydrates: 40%  
Fat: 50%

**INGREDIENTS**

0.00 servings خبز ملوح  
150 gram BANANA (131574)  
5 gram MARGARINE (129463)  
150 gram HEAVY CREAM (217698)  
100 gram HONEY (220337)  
150 gram CHEDDAR CHEESE (124636)

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



**Nutrition Facts**

1 serving per container  
Serving size 1 serving (755g)

Amount per serving  
**Calories 2100**

		% Daily Value*
Total Fat	114g	146%
Saturated Fat	69g	343%
Trans Fat	1.0g	
Cholesterol	360mg	120%
Sodium	2030mg	88%
Total Carbohydrate	212g	77%
Dietary Fiber	7g	24%
Total Sugars	79g	
Protein	51g	

Vit. D 0mcg 0% • Calcium 1106mg 90%  
Iron 2mg 10% • Potas. 130mg 2%

مطبق حين حلو - مطعم سناً

Recipe grams: 174.20g/6.1oz  
Serves 1 174.20g/6.1oz per serving



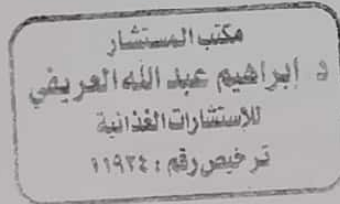
Protein: 8%  
Carbohydrates: 42%  
Fat: 50%

**INGREDIENTS**

98 gram SPRING ROLLS (226425)  
20 gram ANCHOR MILK POWDER, FULL CREAM (PF1 2),  
60 gram CHEESE WHITE (44048a)  
15 gram SUGAR, POWDERED (19336d)  
1 gram BUTTER (118b)

Added Sugar 15 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size	1 serving (174g)
Amount per serving	
<b>Calories</b>	<b>450</b>
% Daily Value*	
Total Fat 22g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 1100mg	48%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	8%
Total Sugars 21g	
Protein 8g	
Vit. D 0.01mcg 0% • Calcium 414mg 30%	
Iron 0.42mg 2% • Potas. 75mg 2%	

### أرز

Recipe grams: 603.34g/21.3oz  
Serves 1 603.34g/21.3oz per serving



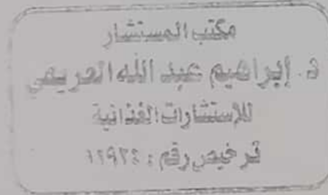
Protein: 9%  
Carbohydrates: 89%  
Fat: 3%

### INGREDIENTS

384 gram WHITE RICE, LONG GRAIN, COOKED  
0.5 gram CLOVES, GROUND  
0.3 gram CARDAMOM, GROUND (CARDAMON)  
18 gram ONION, RAW  
188 ml WATER, BOTTLED  
8 gram GARLIC, RAW  
4 gram SALT, TABLE  
0.2 gram CANOLA & CORN OIL  
0.1 gram SAFFRON

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi



### Nutrition Facts

1 serving per container  
Serving size 1 serving (603g)

Amount per serving

**Calories 520**

% Daily Value\*

Total Fat	1.5g	2%
Saturated Fat	0g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1560mg	68%
Total Carbohydrate	113g	41%
Dietary Fiber	2g	8%
Total Sugars	1g	
Protein	11g	

Vit. D 0mcg 0% • Calcium 80mg 6%  
Iron 5mg 25% • Potas. 200mg 4%

### بورما

Recipe grams: 1140.60g/40.2oz  
Serves 1 1140.60g/40.2oz per serving

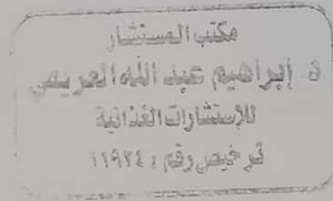


Protein: 37%  
Carbohydrates: 6%  
Fat: 57%

### INGREDIENTS

240 gram LAMB, RETAIL CUTS, COOKED  
7 gram CUMIN SEED  
5 gram TURMERIC, GROUND  
3 gram GREEN PEPPER, SWEET  
0.5 gram SALT, TABLE  
19 gram ONION, RAW  
10 gram GARLIC, RAW  
855 ml WATER

Added Sugar 0 g



General Manager:  
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size 1 serving (1141g)	
Amount per serving	
<b>Calories</b>	<b>680</b>
% Daily Value*	
<b>Total Fat</b> 42g	<b>54%</b>
Saturated Fat 19g	<b>96%</b>
Trans Fat 0g	
<b>Cholesterol</b> 210mg	<b>70%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 1g	
<b>Protein</b> 61g	
Vit. D 0mcg 0%	• Calcium 223mg 15%
Iron 12mg 70%	• Potas. 1020mg 20%



خبز

Recipe grams: 340.29g/12.0oz  
Serves 1 340.29g/12.0oz per serving



Protein: 11%  
Carbohydrates: 78%  
Fat: 11%

**INGREDIENTS**

0.00 servings خبز ملوح

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size 1 serving (340g)	
Amount per serving	
<b>Calories 810</b>	
% Daily Value*	
Total Fat 10g	12%
Saturated Fat 1.0g	6%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 1810mg	79%
Total Carbohydrate 156g	57%
Dietary Fiber 6g	20%
Total Sugars < 1g	
Protein 21g	
Vit. D 0mcg 0%	• Calcium 44mg 4%
Iron 2mg 15%	• Potas. 220mg 4%

مكتب المستشار  
د. إبراهيم عبد الله العريفي  
للإستشارات الغذائية  
ترخيص رقم ١٩٩٢٤

General Manager:  
Dr. Ibrahim Abdullah ALArifi

### خبز ملوح

Recipe grams: 74864.25g/2640.8oz  
Serves 1 74864.25g/2640.8oz per serving



Protein: 11%  
Carbohydrates: 78%  
Fat: 11%

### INGREDIENTS

45000 gram WHEAT FLOUR, WHITE, ALL PURPOSE  
1000 gram SALT, TABLE  
27 liter WATER, BOTTLED  
1000 gram OIL  
830 gram MARGARINE

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (74864g)

Amount per serving

**Calories 178300**

% Daily Value\*

Total Fat	2093g	2684%
Saturated Fat	260g	1299%
Trans Fat	119g	
Cholesterol	0mg	0%
Sodium	398510mg	17326%
Total Carbohydrate	34340g	12487%
Dietary Fiber	1215g	4339%
Total Sugars	122g	
Protein	4648g	

Vit. D 0mcg 0% • Calcium 9693mg 750%  
Iron 530mg 2940% • Potassium 8230mg 1030%

General Manager:  
Dr, Ibrahim Abdullah ALArifi



DR. IBRAHIM A. ALARIFI  
NUTRITION CONSULTING OFFICE

مكتب الدكتور ابراهيم العريفي  
للإستشارات الغذائية

### حنين

Recipe grams: 283.20g/10.0oz  
Serves 1 283.20g/10.0oz per serving



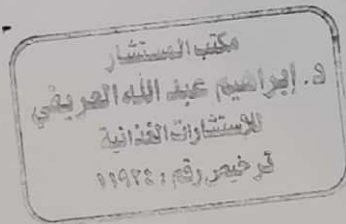
Protein: 53%  
Carbohydrates: 7%  
Fat: 40%

### INGREDIENTS

5 gram CUMIN SEED (02014b)  
240 gram LAMB SHOULDER, ARM (17049b)  
5 gram TURMERIC, GROUND (02043b)  
3 gram GREEN PEPPER, SWEET (11333h)  
1 gram SALT, TABLE (02047d)  
19 gram ONION, RAW (11282i)  
10 gram GARLIC, RAW (11215b)  
0.2 gram CORN & CANOLA OIL (42289b)

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALARIFI



### Nutrition Facts

1 serving per container  
Serving size 1 serving (283g)

Amount per serving  
**Calories 540**

		% Daily Value*
Total Fat	23g	30%
Saturated Fat	8g	42%
Trans Fat	0g	
Cholesterol	220mg	74%
Sodium	600mg	26%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	8%
Total Sugars	1g	
Protein	69g	

Vit. D 0mcg 0% • Calcium 119mg 10%  
Iron 12mg 70% • Potas. 1080mg 25%

### تونة

Recipe grams: 167.50g/5.9oz  
Serves 1 167.50g/5.9oz per serving



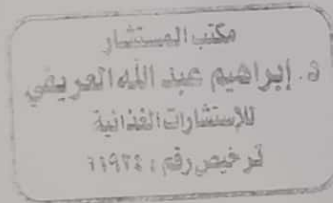
Protein: 44%  
Carbohydrates: 13%  
Fat: 43%

### INGREDIENTS

70 gram TUNA  
15 gram ONION, RAW  
15 gram TOMATO  
8 gram OIL  
10 gram TOMATO SAUCE  
2 gram GARLIC, RAW  
12 gram GREEN PEPPER, SWEET  
20 gram ZUCCHINI W/SKIN, NO SALT  
15 gram POTATO, FLESH, BOILED, NO SALT, SMALL  
0.15 gram CUMIN SEED  
0.15 gram TURMERIC, GROUND  
0.1 gram CORIANDER SEED  
0.1 gram SALT, TABLE

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size 1 serving (168g)	
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.0g	4%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 130mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Total Sugars 2g	
Protein 21g	
Vit. D 0mcg 0%	• Calcium 43mg 4%
Iron 2mg 10%	• Potas. 550mg 10%



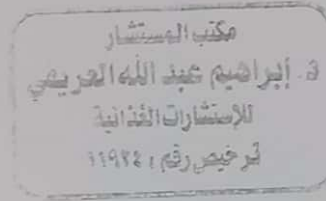
General Manager:  
Dr. Ibrahim Abdullah ALArifi

### الفاصولياء مع البيض

Recipe grams: 516.50g/18.2oz  
Serves 1 516.50g/18.2oz per serving



Protein: 30%  
Carbohydrates: 37%  
Fat: 33%



#### INGREDIENTS

400 gram KIDNEY BEAN, BOILED, NO ADDED SALT  
59 gram EGG  
15 gram ONION, RAW  
15 gram TOMATO  
10 gram TOMATO SAUCE  
2 gram GARLIC, RAW  
15 gram OIL  
0.15 gram CUMIN SEED  
0.15 gram TURMERIC, GROUND  
0.1 gram SALT, TABLE  
0.1 gram CORIANDER SEED

Added Sugar 0 g

General Manager:  
Dr. Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size 1 serving (517g)	
Amount per serving	
<b>Calories</b>	<b>740</b>
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3.0g	16%
Trans Fat 0g	
Cholesterol 220mg	73%
Sodium 180mg	8%
Total Carbohydrate 94g	34%
Dietary Fiber 38g	135%
Total Sugars 2g	
Protein 45g	
Vit. D 1mcg 6%	• Calcium 306mg 25%
Iron 13mg 70%	• Potas. 1860mg 40%



### شكشوكة

Recipe grams: 182.60g/6.4oz  
Serves 1 182.60g/6.4oz per serving

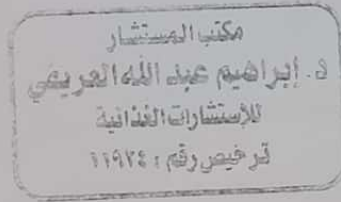


Protein: 13%  
Carbohydrates: 61%  
Fat: 27%

### INGREDIENTS

126 gram EGG  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND  
15 gram ONION, RAW  
15 gram TOMATO  
10 gram CORN & CANOLA OIL  
15 gram TOMATO SAUCE, canned  
0.1 gram SALT, TABLE  
0.5 gram CORIANDER SEED

Added Sugar 0 g



Nutrition Facts	
1 serving per container	
Serving size 1 serving (183g)	
Amount per serving	
<b>Calories</b>	<b>460</b>
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 760mg	33%
Total Carbohydrate 70g	26%
Dietary Fiber 4g	14%
Total Sugars 2g	
Protein 14g	
Vit. D 0mcg 0%	• Calcium 32mg 2%
Iron 6mg 35%	• Potas. 220mg 4%

General Manager:  
Dr, Ibrahim Abdullah ALArifi

### مطبق نوتبلا

Recipe grams: 148.00g/5.2oz  
Serves 1 148.00g/5.2oz per serving



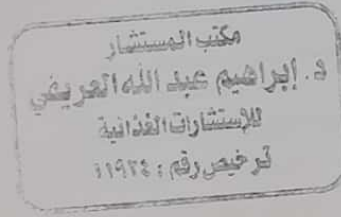
Protein: 8%  
Carbohydrates: 42%  
Fat: 50%

### INGREDIENTS

98 gram SPRING ROLLS  
50 gram NUTELLA

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



### Nutrition Facts

1 serving per container  
Serving size 1 serving (148g)

Amount per serving  
**Calories 450**

% Daily Value\*

Total Fat	24g	31%
Saturated Fat	6g	29%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	330mg	14%
Total Carbohydrate	49g	18%
Dietary Fiber	4g	13%
Total Sugars	28g	
Protein	9g	

Vit. D 0mcg 0% • Calcium 54mg 4%  
Iron 0.97mg 6% • Potas. 0mg 0%

### فتة عادي

Recipe grams: 288.64g/10.2oz  
Serves 1 288.64g/10.2oz per serving



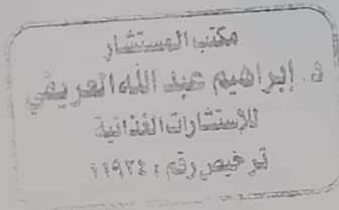
Protein: 8%  
Carbohydrates: 80%  
Fat: 12%

### INGREDIENTS

84 gram DATE, MEDJOOOL  
5 gram MARGARINE  
0.00 servings خبز ملوح

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



### Nutrition Facts

1 serving per container  
Serving size 1 serving (289g)

Amount per serving  
**Calories 740**

% Daily Value\*

Total Fat	10g	12%
Saturated Fat	1.5g	7%
Trans Fat	1.0g	
Cholesterol	0mg	0%
Sodium	1120mg	49%
Total Carbohydrate	155g	56%
Dietary Fiber	9g	32%
Total Sugars	56g	
Protein	14g	

Vit. D 0mcg 0% • Calcium 80mg 6%  
Iron 2mg 10% • Potas. 710mg 15%

### فاصولياء

Recipe grams: 459.00g/16.2oz  
Serves 1 459.00g/16.2oz per serving



Protein: 29%  
Carbohydrates: 43%  
Fat: 28%

#### INGREDIENTS

400 gram KIDNEY BEAN, BOILED  
15 gram ONION, RAW  
15 gram TOMATO  
10 gram TOMATO SAUCE, canned  
15 gram OIL  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND  
0.5 gram SALT, TABLE  
0.5 gram CORIANDER SEED  
2 gram GARLIC, RAW

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (459g)

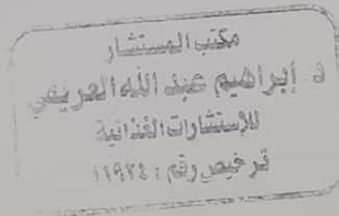
Amount per serving  
**Calories 650**

% Daily Value\*

Total Fat	16g	20%
Saturated Fat	1.5g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	270mg	12%
Total Carbohydrate	94g	34%
Dietary Fiber	38g	136%
Total Sugars	2g	
Protein	37g	

Vit. D 0mcg 0% • Calcium 283mg 20%  
Iron 13mg 70% • Potas. 1800mg 40%

General Manager:  
Dr, Ibrahim Abdullah ALArifi



### فتة قشطة

Recipe grams: 438.64g/15.5oz  
Serves 1 438.64g/15.5oz per serving



Protein: 5%  
Carbohydrates: 50%  
Fat: 46%

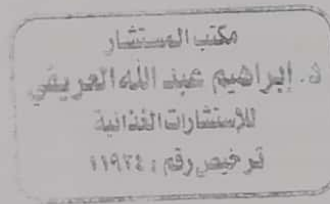
### INGREDIENTS

0.00 servings خبز ملوح  
84 gram DATE, MEDJOOOL  
5 gram MARGARINE  
150 gram HEAVY CREAM

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi

Nutrition Facts	
1 serving per container	
Serving size	1 serving (439g)
Amount per serving	
<b>Calories</b>	<b>1240</b>
% Daily Value*	
Total Fat 60g	76%
Saturated Fat 36g	182%
Trans Fat 1.0g	
Cholesterol 200mg	67%
Sodium 1120mg	49%
Total Carbohydrate 155g	56%
Dietary Fiber 9g	32%
Total Sugars 56g	
Protein 14g	
Vit. D 0mcg 0%	• Calcium 80mg 6%
Iron 2mg 10%	• Potas. 710mg 15%





### فتة قشطة وعسل

Recipe grams: 538.64g/19.0oz  
Serves 1 538.64g/19.0oz per serving



Protein: 4%  
Carbohydrates: 61%  
Fat: 35%

#### INGREDIENTS

0.00 servings خبز ملوح  
84 gram DATE, MEDJOOL  
5 gram MARGARINE  
150 gram HEAVY CREAM  
100 gram HONEY

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (539g)

Amount per serving

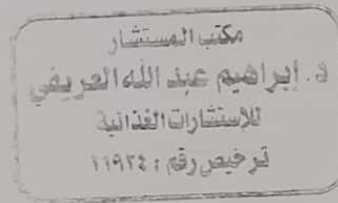
**Calories 1600**

% Daily Value\*

Total Fat	60g	76%
Saturated Fat	36g	182%
Trans Fat	1.0g	
Cholesterol	200mg	67%
Sodium	1120mg	49%
Total Carbohydrate	240g	87%
Dietary Fiber	9g	32%
Total Sugars	135g	
Protein	14g	

Vit. D 0mcg 0% • Calcium 80mg 6%  
Iron 2mg 10% • Potas. 710mg 15%

General Manager:  
Dr, Ibrahim Abdullah ALArifi



### عقدة حميري

Recipe grams: 132.10g/4.7oz  
Serves 1 132.10g/4.7oz per serving



Protein: 12%  
Carbohydrates: 44%  
Fat: 44%

#### INGREDIENTS

58 gram FRIED SHRIMP  
12 gram ONION, RAW  
20 gram TOMATO  
18 gram TOMATO SAUCE  
18 gram GREEN PEPPER, SWEET  
5 gram GARLIC, RAW  
0.1 gram SALT, TABLE  
0.5 gram CUMIN SEED  
0.5 gram TURMERIC, GROUND

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (132g)

Amount per serving  
**Calories 150**

% Daily Value\*

Total Fat 7g 9%  
Saturated Fat 1.5g 6%  
Trans Fat 0g

Cholesterol 15mg 6%

Sodium 410mg 18%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 9%

Total Sugars 5g

Protein 4g

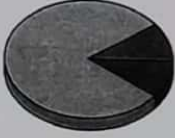
Vit. D 0mcg 0% • Calcium 18mg 2%  
Iron 0.41mg 2% • Potas. 180mg 4%

General Manager:  
Dr. Ibrahim Abdullah ALArifi

مكتب الإستشارة  
د. إبراهيم عبد الله العريفي  
للإستشارات الغذائية  
ترخيص رقم: ١١٩٢٤

### رطب عسل

Recipe grams: 233.48g/8.2oz  
Serves 1 233.48g/8.2oz per serving



Protein: 10%  
Carbohydrates: 79%  
Fat: 10%

### INGREDIENTS

0.00 servings خبز ملوح  
10 gram HONEY

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi

### Nutrition Facts

1 serving per container  
Serving size 1 serving (233g)

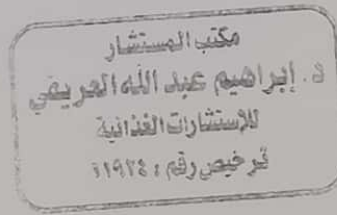
Amount per serving

**Calories 570**

% Daily Value\*

Total Fat	6g	8%
Saturated Fat	1.0g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1190mg	52%
Total Carbohydrate	111g	40%
Dietary Fiber	4g	13%
Total Sugars	8g	
Protein	14g	

Vit. D 0mcg 0% • Calcium 29mg 2%  
Iron 2mg 8% • Potas. 140mg 4%



### مطبق تونة

Recipe grams: 234.50g/8.3oz  
Serves 1 234.50g/8.3oz per serving



Protein: 16%  
Carbohydrates: 25%  
Fat: 59%

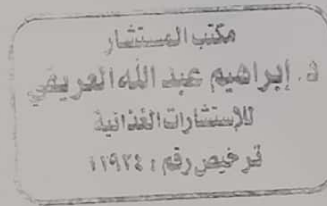
### INGREDIENTS

98 gram SPRING ROLLS  
38 gram LEEK  
60 gram EGG  
0.5 gram SPICES  
1 gram BUTTER, REGULAR  
2 gram TOMATO  
35 gram TUNA

Added Sugar 0 g

Nutrition Facts	
1 serving per container	
Serving size 1 serving (235g)	
Amount per serving	
<b>Calories</b>	<b>400</b>
% Daily Value*	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 155mg	<b>51%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	12%
Total Sugars 2g	
<b>Protein</b> 15g	
Vit. D 0.01mcg 0%	• Calcium 68mg 6%
Iron 1mg 6%	• Potas. 10mg 0%

General Manager:  
Dr. Ibrahim Abdullah ALArifi



### معصوب قشطة

Recipe grams: 504.64g/17.8oz  
Serves 1 504.64g/17.8oz per serving



Protein: 5%  
Carbohydrates: 44%  
Fat: 50%

#### INGREDIENTS

0.00 servings خبز ملوح  
150 gram BANANA  
5 gram MARGARINE  
150 gram HEAVY CREAM

Added Sugar 0 g

### Nutrition Facts

1 serving per container  
Serving size 1 serving (505g)

Amount per serving

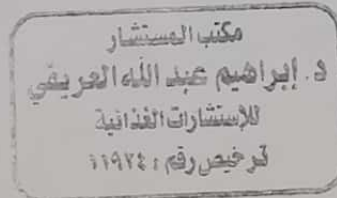
**Calories 1150**

% Daily Value\*

Total Fat	60g	77%
Saturated Fat	36g	182%
Trans Fat	1.0g	
Cholesterol	200mg	67%
Sodium	1120mg	49%
Total Carbohydrate	127g	46%
Dietary Fiber	7g	24%
Total Sugars	0g	
Protein	14g	

Vit. D 0mcg 0% • Calcium 35mg 2%  
Iron 2mg 10% • Potas. 130mg 2%

General Manager:  
Dr, Ibrahim Abdullah ALArifi





### سمك عقدة

Recipe grams: 440.34g/15.5oz  
Serves 1 440.34g/15.5oz per serving



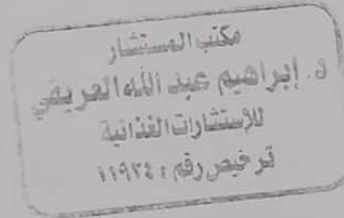
Protein: 59%  
Carbohydrates: 6%  
Fat: 35%

### INGREDIENTS

12 gram ONION, RAW  
178 gram SPANISH MACKEREL, COOKED  
20 gram TOMATO  
18 gram PEPPER, SWEET, GREEN  
5 gram GARLIC, RAW  
188 ml WATER  
0.1 gram SALT, TABLE  
18 gram TOMATO SAUCE, canned  
0.5 gram CUMIN, GROUND  
0.5 gram TURMERIC, GROUND

Added Sugar 0 g

General Manager:  
Dr, Ibrahim Abdullah ALArifi



Nutrition Facts	
1 serving per container	
Serving size 1 serving (440g)	
Amount per serving	
<b>Calories 310</b>	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3.0g	16%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 260mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 43g	
Vit. D 0mcg 0%	• Calcium 64mg 4%
Iron 2mg 10%	• Potas. 1170mg 25%