

INNOVATIVE FOODS @ICAR



Indian Council of Agricultural Research
Department of Agricultural Research and Education
Ministry of Agriculture & Farmers Welfare
Krishi Bhavan, New Delhi-110 001
www.icar.org.in



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“The Council to be the part of Chefs associations and Hospitality industry for the betterment of farmers and food industry stakeholders”.

Late Chef Dr. P Soundarajan,
General Secretary of IFCA; Chairman,
Marketing Committee-World Chefs;
and Corporate Executive Chef at
Club Mahindra Holidays & Resorts

“The concept of farm-to-fork should be reinvented for providing more scope to Chefs and Agricultural Scientists to interact and work together in a structured manner/ partnership”.

Chef Manjit Singh Gill,
President of the Indian Federation of
Culinary Associations (IFCA)



Snapshot of National Dialogue on “Innovative Food for Hospitality Industry” on 22nd June, 2021 organized by ICAR.



नरेन्द्र सिंह तोमर
NARENDRA SINGH TOMAR



कृषि एवं किसान कल्याण मंत्री
भारत सरकार
कृषि भवन, नई दिल्ली
MINISTER OF AGRICULTURE &
FARMERS WELFARE
GOVERNMENT OF INDIA,
KRISHI BHAWAN, NEW DELHI



MESSAGE

ICAR's research endeavours have immensely contribute in making the country self-sufficient in food production. Abundant production of cereals, eggs, fishes, fruits, millets, meat, milk, and vegetables is ensuring the country's presence in national and international markets, with a growing brand image. The competitive market structures, rising income, burgeoning middle-class population and trade related developments are leading to the fast-changing food habits, health consciousness, and nutritional security. In such situations, the role of research organizations and industries viz. manufacturing, packaging, processing and delivery of food become vital. To fulfil such requirements, ICAR has developed 318 food products/processes/recipes which are readily available for transfer/licensing.

I compliment the leadership of the ICAR which organized a "National Dialogue on Innovative Food for Hospitality Industry", resulting in a very important document "Innovative Foods @ ICAR" showcasing the range of products for different food-based industries that would fulfil the needs of customers.

I am sure that this effort to showcase the research-based food products will provide opportunities and encourage the young entrepreneurs/startups to innovate and commercially promote viable products and services in the food processing sector.

I congratulate the ICAR for this meaningful documentation and wish success for all the inventors who made the things possible.

A handwritten signature in green ink, appearing to read 'नरेन्द्र' (Narender).

(Narendra Singh Tomar)

कैलाश चौधरी
KAILASH CHAUDHARY



कृषि एवं किसान कल्याण
राज्य मंत्री
भारत सरकार
MINISTER OF STATE FOR AGRICULTURE
& FARMERS WELFARE
GOVERNMENT OF INDIA



MESSAGE

ICAR as an apex research organization in the agriculture sector is ensuring the availability of food in the country by continuously bringing new technologies to enhance productivity and quality in crops, fruits, and vegetables; animal, fish, poultry and different agriculture-based methods and practices. There has been a significant achievement in this front. On the other side, the changing demand for variety of food is also increasing. Therefore, these new innovations in food items for the consumers would cater need-based choices. The Council has been innovating in the food processing sector and developed 318 innovative processes/ products/ recipes using *Crops, Fish, Fruits, Meat, Milk, Vegetables* are made available to food processing industry, entrepreneurs, startups, etc.

The present documentation of these food items in the form of “Innovative Foods @ ICAR” be a good source for utilization of these products by stakeholders. This work will support the inventors as well as investors to come up on a single platform for their mutual benefits.

I am sure, ICAR will continue these efforts and synergize the innovative research and development market-driven food products to enable services in the agriculture sector.

A handwritten signature in blue ink, appearing to read 'K. Chaudhary'.

(Kailash Chaudhary)

FOREWORD



Dr. Trilochan Mohapatra

*Secretary (DARE) & DG, ICAR,
Ministry of Agriculture and Farmers Welfare,
Government of India
New Delhi-110 001, India*

ICAR has been at the forefront of developing technologies aimed at providing solutions for the various problems being faced by the farmers, entrepreneurs, agro-based industries, and other stakeholders. Its research and technology development enabled the country in making a visible impact on the national food and nutritional security making the country *Atama Nirbhar (Self Sufficient)*.

The food sector in India has emerged as a high growth and high profit sector owing to its immense potential for value addition. There is a demand for innovative, healthy and nutritious food specially during pandemic time. Many ICAR institutes are working on different aspects of the food chain including food processing machinery and tools. The “*National Agriculture Innovation Fund*” of ICAR provides systematic support to product and license these technologies through its three tier IP Management System.

To understand the present requirements of the food processing and hospitality industry, Council had organized a National Dialogue on “*Innovative Food for Hospitality Industry*”, on 22nd June, 2021. It was one of the suggestions that there should be a document for innovative foods of ICAR laboratories to showcase the range of products/process/recipes to stakeholders. The present document is the outcome of this Dialogue where, 38 ICAR institutes had reported 318 Agri-based innovative food products which are divided in Beverages, Convenience Foods, Fermented Foods, Food Ingredients, Health Foods, Fruit preserves and Pickles, and Sweets/Confectionary

This document will be a source of connecting research and consumers through industry linkages. Agrinnovate India Limited (AgIn) which is the commercial arm of ICAR for license these technologies to industry, Entrepreneurs, and Start-ups. This compilation would give a glimpse of ICAR’s Innovative Food Basket to the food processing and hospitality industries and are dedicated to the 75th year of Independence of the nation. I complement the Inventors of these products ITMUs, and Directors of institutes and IP&TM Unit of ICAR for meaningful compilation.


(T. Mohapatra)



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Food Basket of ICAR

Agri-based food products are the key components of Innovation Basket of the ICAR, where 38 Institutes are involved in inventing 318 new recipes, products, and processes; using Crops, Fish, Fruits, Meat, Milk, Vegetables as raw materials. Main sources of these food products are

- ❖ **Animals:** *Cow, Buffalo, Fish, Goat, Pig, Poultry, Sheep*
- ❖ **Cash Crop:** *Jute and Sugarcane*
- ❖ **Cereals:** *Barley, Maize, Rice, Wheat*
- ❖ **Fruits:** *Aonla, Apricot, Bael, Banana, Cashew, Grapes, Guava, Jackfruit, Jamun, Kinnow, Lime, Litchi, Mahua, Mango, and Pomegranate*
- ❖ **Millets:** *Bajara, Finger Millet, Foxtail Millet, Jowar, and Kodo*
- ❖ **Oilseeds:** *Groundnut, and Soybean*
- ❖ **Plantation & Tuber Crops:** *Coconut, Yam, and Cassava*
- ❖ **Spices:** *Coriander, Ginger, and Methi,*
- ❖ **Vegetables:** *Beetroot, Bitter Gourd, Bottle Gourd, Cabbage, Capsicum, Carrot, Cauliflower, Mushroom, Okra, Palak, and Potato*

Every Food Item is presented in this book with its photograph, Nutritive Value and Ingredients, with Contact Details of the concerned ICAR Institute.



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BEVERAGES

■ Acid Lime Beverage

Calories: 56.40 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 14.10 %
- ✓ Vitamin C: 3.4 mg/100 g

Ingredients: Acid Lime Juice, Sugar, Salt, Water and Class II Preservative (E-224).

For details: director.ccri@icar.gov.in



■ Aloe Vera Supplemented Probiotic Lassi

Calories: 72.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 5%
- ✓ Milk fat: 4%
- ✓ Milk Protein: 3%

Ingredients: Milk, Alo vera, Sucrose

For details: director.ndri@icar.gov.in



■ Aonla Bramhi Squash

Calories: 60.00 kcal/100 g

Nutritive value:

- ✓ Acidity - 0.99 %
- ✓ Vitamin-C - 87.7 mg/100 g
- ✓ Anti-oxidants – 528 mg/100 g

Ingredients: Aonla, Bramhi, Sugar, Acid

For details: director.cish@icar.gov.in



■ Aonla Coriander Squash

Calories: 56.00 kcal/100 g

Nutritive value/100 g:

- ✓ Vitamin-C: 22 mg
- ✓ Anti-oxidants: 180 mg

Ingredients: Aonla, Coriander and Sugar

For details: director.cish@icar.gov.in



■ Aonla Decoction Tea

Calories: 0.47 kcal/100 g

Nutritive value:

- ✓ Protein: 19.7 %
- ✓ Vitamin C: 1.2 mg/ 100 g
- ✓ Anti-oxidants: 1640 mili- mole/100 g

Ingredients: Aonla, Brahmi, Ashvagandha and Tulsi

For details: director.cish@icar.gov.in



■ Aonla Dill Squash

Calories: 52.00 kcal/100 g

Nutritive value/100 g:

- ✓ Vitamin-C: 16 mg
- ✓ Anti-oxidants: 165 mg

Ingredients: Aonla, Dill and Sugar

For details: director.cish@icar.gov.in





Innovative Foods@ICAR

■ Aonla-Sugar beet Fortified Mushroom Wine

Calories: 35.00 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 9.8 g/ 100 g
- ✓ Acidity - 0.65 g/ 100 g
- ✓ Vitamin-C - 20.6 mg/ 100g
- ✓ Anti-oxidants – 171 mg / 100 g
- ✓ Ethanol - 8.7 ml/ 100g

Ingredients: Aonla, Sugarbeet, Mushroom, Sugar, yeast

For details: director.cish@icar.gov.in



■ Bael Honey Squash

Calories: 30.00 kcal/100 g

Nutritive value:

- ✓ Acid - 1.24 %
- ✓ Vitamin - C - 14.7 mg/100 g
- ✓ Anti-oxidants – 627 mg/100 g

Ingredients: Bael, Honey, Acid

For details: director.cish@icar.gov.in



■ Bael Wine

Calories: 59.00 kcal/100 g

Nutritive value:

- ✓ Vitamin - C – 2.3 mg/ 100 g
- ✓ Anti-oxidants – 360 mg/ 100 g
- ✓ Alcohol - 9 ml/ 100 g

Ingredients: Bael, sugar, acid, yeast

For details: director.cish@icar.gov.in



■ **Banana Concentrate**

Calories: 300-320 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 74.35- 79.25%
- ✓ Protein: 1.12-1.80%
- ✓ Sugar: 71.50-77.61%

Ingredients: Aonla, Coriander and Sugar

For details: director.nrcb@icar.gov.in



■ **Banana Stem Based Drink**

Calories: 55.67-65.89 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 12.56-15.00%
- ✓ Sugar: 11.35-15.60%
- ✓ Protein: 0.10-0.40%

Ingredients: Banana Central Core Stem Juice, Spice Extract and Sugars, Preservative INS 224

For details: director.nrcb@icar.gov.in



■ **Basil Seed Suspended Banana Drinks**

Calories: 70.83-90.16 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 18.60-23.50 %
- ✓ Total Sugar: 15.86-18.64 %
- ✓ Protein: 2.18-3.10 %

Ingredients: Banana Juice, Sugar, Preservative INS 330, Basil Seed, Gelling Agent INS 418

For details: director.nrcb@icar.gov.in





Innovative Foods@ICAR

■ Cashew Apple Juice (Cashlime)

Calories: 51.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 13.06%
- ✓ TSS: 10 %
- ✓ Acidity: 0.38%
- ✓ Ascorbic acid: 75.9 mg/100 g
- ✓ Tannin: 86.62 mg/100 g

Ingredients: Cashew juice and lime

For details: director.dcr@icar.gov.in



■ Clarified Banana Juice

Calories: 61.92-75.10 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 15.20- 18.41%
- ✓ Sugar: 13.53-16.50%
- ✓ Protein: 0.17-0.40%

Ingredients: Banana Juice, Water, Sugar, Preservative INS 330.

For details: director.nrcb@icar.gov.in



■ Coriander Aonla Drink

Calories: 6.54 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 16.29 %
- ✓ Protein: 0.09 %
- ✓ Vitamin-C: 12.30 mg/100 g
- ✓ Calcium: 3.96 mg/100 g
- ✓ Iron: 0.71 mg/100 g

Ingredients: Coriander Seeds, Aonla Juice

For details: director.nrcss@icar.gov.in



■ **Curcumin Soy Whey Drink**

Calories: 120.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 12%
- ✓ Lactose: 4.0%
- ✓ Protein: 2.5%
- ✓ Fat: 0.1%

Ingredients: Whey, Soy Bean Extract, Sugar, Lactobacillus Acidophilus, Curcumin

For details: director.ndri@icar.gov.in



■ **Fennel Aonla Drink**

Calories: 60.36 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 15.02 %
- ✓ Protein: 0.07 %
- ✓ Vitamin-C: 17.58 mg/100 g
- ✓ Calcium: 1.58 mg/100 g
- ✓ Iron: 0.53 mg/100 g

Ingredients: Fennel Seeds, Aonla Juice

For details: director.nrccs@icar.gov.in



■ **Fennel Kinnow Squash**

Calories: 60.36 kcal/100 g

Nutritive value/100 g:

- ✓ Carbohydrate: 47.59 %
- ✓ Protein: 0.0697 %
- ✓ Vitamin-C: 19.33 mg/100 g
- ✓ Calcium: 2.98 mg/100 g
- ✓ Iron: 0.83 mg/100 g

Ingredients: Fennel Seeds and Kinnow Juice

For details: director.nrccs@icar.gov.in





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Herbal Pineapple Drink

Calories: 91.43 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 17.1 %
- ✓ Protein: 5.51 %
- ✓ Fat: 0.11%

Ingredients: Pineapple, Sugar, Citric acid, KMS, Pineapple essence, Jeera, Lemongrass

For details: director.ccari@icar.gov.in



Jamun Wine

Calories: 40.00 kcal/100 g

Nutritive value:

- ✓ Acidity - 0.56 g/ 100 g
- ✓ Anti-oxidants – 113 mg/ 100 g
- ✓ Ethanol - 9.1 ml/ 100 g

Ingredients: Jamun, Sugar, Acid, Yeast

For details: director.ccari@icar.gov.in



Jute Leaf Flavoured Drink

Calories: 354.15 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 54.80 %
- ✓ Protein: 5.088 %
- ✓ Fat: 01.27 %

Ingredients: Jute Leaf, Natural Flavour

For details: director.ninfet@icar.gov.in



● Litchi Squash

Calories: 42.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 10.0 %
- ✓ Vitamin C: 5 mg/100 g

Ingredients: Litchi Juice, Citric Acid, Refined Sugar, Preservative, Water

For details: director.nrcl@icar.gov.in



● Litchi Wine

Calories: 120.00 kcal/100 g

Nutritive value:

- ✓ Alcohol: 10-12%
- ✓ Sugar: 6-7 %
- ✓ Acidity: 0.3%

Ingredients: Litchi Juice, Sugar, Salts

For details: director.nrcl@icar.gov.in



● Mahua Wine

Calories: 120.00 kcal/100 g

Nutritive value:

- ✓ Acidity - 0.6 %
- ✓ Ethanol - 10 ml/100 g

Ingredients: Mahua Flowers, Sugar, Acid, Yeast

For details: director.cish@icar.gov.in





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■ **Mango Wine**

Calories: 48.00 kcal/100 g

Nutritive value:

- ✓ Alcohol: 9.0 %
- ✓ Antioxidants: 33.0 mg/100 g
- ✓ Vitamin-C 21.0 mg/100 g

For details: director.cish@icar.gov.in



■ **Moringa Beetroot Drink**

Calories: 20-25 kcal/100 g

Nutritive value:

- ✓ Protein: 4.37%
- ✓ Iron: 1.61 mg/100 g
- ✓ Calcium: 2.69 mg/100 g

Ingredients: Moringa and Beetroot

For details: director.ciae@icar.gov.in



■ **Mulberry Wine**

Calories: 12.00 kcal/100 g

Nutritive value:

- ✓ Sugar - 2.9 g
- ✓ Acidity - 0.34 g
- ✓ Anti-oxidants – 160 mg
- ✓ Anthocyanins - 10.2 mg
- ✓ Ethanol - 13.2 ml

Ingredients: Mulberry, Sugar, Acid, Yeast

For details: director.cish@icar.gov.in



■ Nagpur Mandarin Fizzy Drink

Calories: 61.04 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 15.10 %
- ✓ Protein: 0.16 %
- ✓ Vitamin-C: 4.5 mg/100 g

Ingredients: Nagpur Mandarin Juice, Sugar, Carbonated Water, Class II Preservative (E-224) and Acidity Regulator (E-330).

For details: director.ccricar.gov.in



■ Nutritionally Rich Smoothies

Calories: 83.01 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 17.1%
- ✓ Protein: 1.2%
- ✓ Fat: 1.1%
- ✓ Minerals: 0.39%

Ingredients: Milk, Fruits, Protein Powder

For details: director.ndricar.gov.in



■ Peach Wine

Calories: 35.00 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 10.2 oB
- ✓ Acidity - 1.38 g/ 100 g
- ✓ Anti-oxidants – 143.5 mg/ 100 g
- ✓ Ethanol - 9.7 ml/ 100 g

Ingredients: Peach, Sugar, Acid, Yeast

For details: director.nrcpomcar.gov.in





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■ Pomegranate Beverage

Calories: 56.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 14.5 %
- ✓ Total Phenol: 54.6 mg/100 g
- ✓ Anthocyanin: 04.8 mg/100 g

Ingredients: Pomegranate Juice, Cane Sugar, Acidulant (E330)

For details: director.nrcpom@icar.gov.in



■ Pomegranate Juice

Calories: 72.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 16.3 %
- ✓ Total Phenol: 273.0 mg/100 g
- ✓ Anthocyanin: 24.04 mg/100 g

Ingredients: Moringa and Beetroot

For details: director.nrcpom@icar.gov.in



■ Pomegranate Lime Ginger Beverage

Calories: 53.08 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 13.27 %
- ✓ Ascorbic acid: 1.80 mg/100 g
- ✓ Total phenols: 236.20 mg/100 g
- ✓ Antioxidant activity: 7.54 mg/100 g

Ingredients: Pomegranate, Lime, Ginger, Sucrose, Citric Acid

For details: director.nrcpom@icar.gov.in



■ Pomegranate Wine

Calories: 27.80 kcal/100 g

Nutritive value:

- ✓ Anthocyanin: 22.81 Cyanidin
- ✓ Total Phenol: 198 GAE
- ✓ Antioxidant Capacity: 28.70 AAE
- ✓ Malic acid: 3.65%

For details: director.nrcpom@icar.gov.in



■ Preserved Sugarcane-Aonla Juice

Calories: 72.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 18.0 %
- ✓ Vitamin-C: 66.0 mg/100 g
- ✓ Anti-oxidants: 265.0 mg/100 g

Ingredients: Sugarcane Juice, Aonla Juice, Lemon Juice

For details: director.cish@icar.gov.in



■ Saffotea

Calories: 147.00 kcal/100 g

Nutritive value:

- ✓ Crude Fibre: 12.2 %
- ✓ Ash: 10.4 %
- ✓ Oil: 5.0 %
- ✓ Protein: 1.9 %
- ✓ Carthamin: 0.83 %

Ingredients: Herbal Tea from Safflower Petals

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■ Strawberry Wine

Calories: 34.00 kcal/100 g

Nutritive value:

- ✓ Vitamin-C - 1.6 mg
- ✓ Anti-oxidants – 22.5 mg
- ✓ Anthocyanins - 3.7 mg
- ✓ Ethanol - 11.7

Ingredients: Strawberry, Sugar, Acid, Yeast

For details: director.cish@icar.gov.in



■ Tofu Whey Based Papaya Beverage

Calories: 43.00 kcal/100 g

Nutritive value:

- ✓ Protein: 2.84%
- ✓ Total sugar: 7.89%
- ✓ Calcium: 25 mg/100g)

Ingredients: Tofu Whey, Sugar

For details: director.ciae@icar.gov.in



CONVENIENCE FOOD

Almond Based Jowar Cookies

Calories: 500.00 kcal/100 g

Nutritive value:

- ✓ Protein: 5.72 %
- ✓ Fat: 25 %
- ✓ Dietary Fibre: 8.64 %

Ingredients: Jowar Flour, Vegetable Fat, Sugar, Skim Milk Powder, MAS Badam Powder, Custard Powder, Baking Soda, Baking Powder, Ammonium, Bicarbonate, Salt, Almond and Cardamom Essence

For details: director.iimr@icar.gov.in



Aonla Fibre Biscuits

Calories: 502.00 kcal/100 g

Nutritive value:

- ✓ Dietary Fiber Content: 0.01%
- ✓ Vitamin-C: 0.016%
- ✓ Antioxidant: 0.25%

Ingredients: Flour, Sugar, Fat, Aonla Fibre

For details: director.cish@icar.gov.in



Bajra Cumin Seed Biscuit

Calories: 528.22 Kcal/100gm

Nutritive value:

- ✓ Total Fat: 26.38 %
- ✓ Total Carbohydrates: 63.28%
- ✓ Sodium: 0.032%
- ✓ Dietary Fibre: 0.11%
- ✓ Protein: 3.75 %
- ✓ Calcium: 0.183 %

Ingredients: Bajra Seeds Four, Cumin Seeds, Ghee and Sugar

For details: director.nrccs@icar.gov.in





■ Banana Flour Based Biscuits

Calories: 489.40-568.70 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 65.18-74.33%
- ✓ Protein: 7.68-9.00%
- ✓ Fat: 21.60-23.46%
- ✓ Ash: 3.20-3.90%;
- ✓ Potassium: 133-142%

Ingredients: Whole Wheat Flour, Banana Flour, Milk Solids, Refined Vegetable Oil, Sugar, Raising Agents, INS 500 (Ii), INS 503 (Ii), Dough Conditioner INS 223

For details: director.nrcb@icar.gov.in



■ Banana Flour Based Bread

Calories: 307.8-348.5Kcal /100 g

Nutritive value:

- ✓ Carbohydrate: 70.10-75.24%
- ✓ Protein: 4.60-7.90%
- ✓ Fat: 0.65-0.98%
- ✓ Moisture: 7.0-9.0%
- ✓ Dietary Fiber: 7.98-11.21%
- ✓ Crude Fiber: 2.40-4.97%

Ingredients: Refined Wheat Flour, Banana Flour, Sugar, Yeast, Preservative INS 282, Acidity Regulator INS 260

For details: director.nrcb@icar.gov.in



■ Barnyard Millet Sweet Puffs

Calories: 305.00 kcal/100 g

Nutritive value:

- ✓ Protein: 7.3 %
- ✓ Fat: 5.83 %
- ✓ Dietary Fibre: 8.52 %

Ingredients: Barnyard Millet Puffs and White Chocolate

For details: director.iimr@icar.gov.in



■ Banana Flour Based Extruded Snacks

Calories: 354.40-375.90 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 74.33-78.54%
- ✓ Protein: 9.68-14.32%
- ✓ Fat: 1.60-2.33%
- ✓ Potassium: 121-135%
- ✓ Fiber: 3.82-4.50%
- ✓ Zinc: 0.11-0.53 mg/100g

Ingredients: Refined Wheat Flour, Banana Flour, Banana Starch, Common Salt, Thickeners INS 508, Acidity Regulators INS 501 (I), Humectant INS 451 (I).

For details: director.nrcb@icar.gov.in



■ Bitter gourd Chips

Calories: 21.00 kcal/100 g

Nutritive value:

- ✓ Ascorbic Acid: 0.025-0.050 %
- ✓ Carotenoids: 0.0032-0.0036 %

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■ Cakes & Muffins

Calories: 379.67 kcal/100 g

Nutritive value:

- ✓ Protein: 9.14%
- ✓ Phenol: 264.84 mg GAE
- ✓ Antioxidant: 58.06 m mol TE

Ingredients: Powder from Pulse Milling Byproduct, White Flour/Maida, Milk Powder, Sugar & Salt, Baking Powder & Soda, Curd, Butter/Hydrogenated Vegetable Oil Milk

For details: director.iipr@icar.gov.in





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■ Cassava Chit Chore

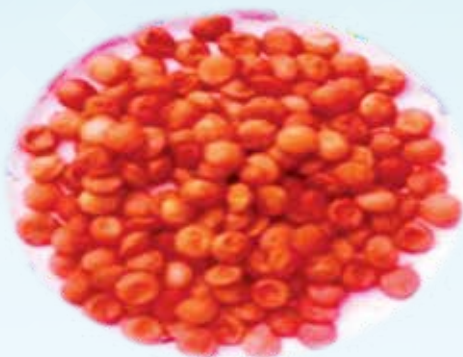
Calories: Calories:551 kcal/100 g

Nutritive value:

- ✓ Starch: 47.34%
- ✓ Sugar: 7.81%
- ✓ Fat: 31.29%
- ✓ Protein :10.94%

Ingredients: Wet Cassava Tuber Paste, Maida, Cheese, Salt, Sugar, Baking Powder and White Pepper

For details: director.ctcri@icar.gov.in



■ Cassava Mini-Papads

Calories: 518.00 kcal/100 g

Nutritive value:

- ✓ Starch: 42.85%
- ✓ Sugar: 12.75%
- ✓ Fat: 28.75%
- ✓ Protein: 8.54%

Ingredients: Cassava Flour, Fiber or Protein Sources, Spices and Condiments

For details: director.ctcri@icar.gov.in



■ Cassava Papad

Calories: 617.00 kcal/100 g

Nutritive value:

- ✓ Starch: 67.66%
- ✓ Sugar: 2.57%
- ✓ Fat: 35.94%
- ✓ Protein: 1.4%

Ingredients: Cassava Flour, Sago Polish Powder, Spices and Condiments

For details: director.ctcri@icar.gov.in



■ Cassava Sago Pop-Ups

Calories: 552.00 kcal/100 g

Nutritive value/100 g:

- ✓ Starch: 55.55%
- ✓ Sugar: 1.66%
- ✓ Fat: 32.09%
- ✓ Protein: 7%

Ingredients: Wheat Semolina, Sago Powder, Salt and Chilly

For details: director.ctcri@icar.gov.in



■ Chhana Based Dairy Spread

Calories: 175.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 28%
- ✓ Fat: 3.5%
- ✓ Protein: 4%
- ✓ Ash: 1.2 %

Ingredients: Chhana, Common Salt and Emulsifiers

For details: director.ndri@icar.gov.in



■ Coconut Chips

Calories: 622.00 kcal/100 g

Nutritive value:

- ✓ Protein: 1.24%
- ✓ Fat: 48.10%
- ✓ Crude Fibre: 6.13%
- ✓ Total Carbohydrate: 46.13%
- ✓ Total Mineral: 1.36%

Ingredients: Cocoa Beans and Coconut Sugar Based Chocolate

For details: director.cpcr@icar.gov.in





Innovative Foods@ICAR

■ Dal Analog

Calories: 364.73 kcal/100 g

Nutritive value:

- ✓ Protein: 19.98%
- ✓ Phenol: 294.88 mg GAE/100 g
- ✓ Antioxidant: 146.74 m mol TE/100 g

Ingredients: Powder from Pulse Byproduct and Permitted Preservatives

For details: director.iipr@icar.gov.in



■ Dehydrated Cassava Tubers

Calories: 340.00 kcal/100 g

Nutritive value:

- ✓ Starch: 71.43%
- ✓ Sugar: 6.79%
- ✓ Fat: 0.48%
- ✓ Protein: 4.82%

For details: director.ctcri@icar.gov.in



■ Dehydrated Litchi Pulp (Litchi Raisin)

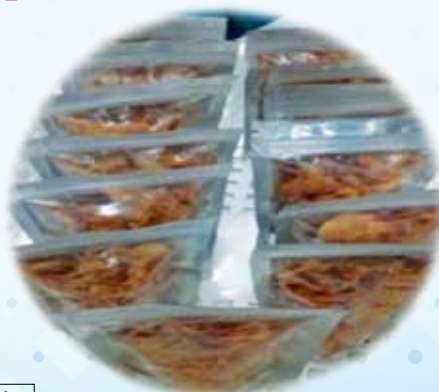
Calories: 245.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 50-55%
- ✓ Vitamin-C: 20-25 mg/100g
- ✓ TSS: TA:28
- ✓ Acidity: 0.35%

Ingredients: Litchi fruit, Citric acid, Refined sugar, Preservative, Water

For details: director.nrcl@icar.gov.in



■ Dehydrated Ripe Banana

Calories: 337.00-380.25 kcal/100g

Nutritive value:

- ✓ Protein: 6.15-8.24%
- ✓ Fat: 2.90-3.82%
- ✓ Carbohydrate: 70.15-74.50%
- ✓ Fiber: 7.35-9.50%
- ✓ Total Sugar: 63.20-67.35%

Ingredients: Ripe Banana, Honey, Preservative INS 224

For details: director.nrcb@icar.gov.in



■ Dried Okara

Calories: 89.89 kcal/100 g

Nutritive value:

- ✓ Protein: 4%
- ✓ Fat: 8.21%
- ✓ Minerals: 3.5%

For details: director.soybean@icar.gov.in



■ Elephant Food Yam-Based Papads

Calories: 236.00 kcal/100 g

Nutritive value:

- ✓ Protein: 16.5-18.22%
- ✓ Fat: 0.98-1.73%
- ✓ Carbohydrates: 55.87-58.13%

Ingredients: Elephant Foot Yam Flour, Black gram Flour, green gram Flour, Spices and Condiments

For details: director.ctcri@icar.gov.in





■ Extruded Functional Snacks

Calories: 340.00 kcal/100 g

Nutritive value:

- ✓ Protein: 16-21%
- ✓ Fat: 1-2%
- ✓ Carbohydrate: 60-63%

Ingredients: Rice Flour, Corn Flour, Wheat Flour, DFSF, Fruit Powder, Vegetable Powder, Soy Protein Isolate, and Dairy Whiteners

For details: director.ciae@icar.gov.in



■ Extruded Products

Calories: 363.68 kcal/100 g

Nutritive value:

- ✓ Starch: 84.60%
- ✓ Sugar: 2.05%
- ✓ Fat: 0.43%
- ✓ Protein: 2%

Ingredients: Tuber Flour, Corn Flour, Wheat Flour, Finger Millet Flour, Soy Flour

For details: director.ctcri@icar.gov.in



■ Fenugreek Seed Biscuit

Calories: 544.02 Kcal/100gm

Nutritive value:

- ✓ Total Fat: 28.42 %
- ✓ Total Carbohydrates: 63.45 %
- ✓ Sodium: 0.019%
- ✓ Dietary Fibre: 8.87 %
- ✓ Protein: 4.17 %
- ✓ Total Sugar: 25.66%
- ✓ Calcium: 0.057%
- ✓ Iron: 0.002%

Ingredients: Maize Flour, Sugar, Fenugreek Seeds Powder, ghee, Cardamom Powder sugar

For details: director.nrccs@icar.gov.in



■ Fermented Sorghum-Flakes Based Ready Mixes

Calories: 460-496 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 78-82%
- ✓ Protein: 10%
- ✓ Fat: 1-3%

Ingredients: Sorghum Flakes, Dried Vegetables, Skim Milk Powder, Roasted Defatted Soybean Flour, Spices and Condiments

For details: director.ciae@icar.gov.in



■ Fibre Rich, Designer Food Products

Calories: 431.09-490.34 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 70.50-74.32%
- ✓ Protein: 6.35-9.87%
- ✓ Fat: 10.13-14.97%
- ✓ Fibre: 8.63-12.53g

Ingredients: Whole Wheat Flour, Dietary fiber From Central Core Stem, Milk Solids, Refined Vegetable Oil, Sugar, Raising Agents, INS 500 (Ii), INS 503 (Ii), Dough Conditioner (INS 223)

For details: director.nrcb@icar.gov.in



■ Finger Millet Vermicelli

Calories: 345.00 kcal/100 g

Nutritive value:

- ✓ Protein: 6.21 %
- ✓ Fat: 1.70 %
- ✓ Calcium: 195.45 mg/100g

Ingredients: Ragi Fine Semolina, Wheat Semolina and Xanthan Gum

For details: director.iimr@icar.gov.in





■ Flavoured Banana Chips

Calories: 440.12-490.62 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 52.62-55.72%
- ✓ Protein: 3.12-5.00%
- ✓ Fat: 23.32-26.92%
- ✓ Ash: 1.36-4.65%
- ✓ Potassium: 0.418-0.463%
- ✓ Zinc: 0.18-0.65 mg/100g

Ingredients: Unripe Banana (95 %),
Edible Vegetable Oil and Common Salt,
Thickening Agent INS 466

For details: director.nrcb@icar.gov.in



■ Foxtail Millet Pasta

Calories: 333 Kcal/100gm

Nutritive value:

- ✓ Carbohydrates: 69.8 %
- ✓ Protein: 10.30 %
- ✓ Dietary fibre: 7.8 %
- ✓ Fat: 2.4 %
- ✓ Iron: 2.91 mg /100 g
- ✓ Calcium: 32.5 mg/100 g

Ingredients: Foxtail Millet Fine
Semolina, Wheat Semolina and Xanthan
Gum

For details: director.iimr@icar.gov.in

■ Foxtail Millet Vermicelli

Calories: 326.00 kcal/100 g

Nutritive value:

- ✓ Protein: 11.44 %
- ✓ Dietary Fibre: 8.2 %
- ✓ Fat: 2.88 %

Ingredients: Foxtail Millet Fine
Semolina, Wheat Semolina and
Xanthan Gum

For details: director.iimr@icar.gov.in



■ Freeze Dried Sugarcane Juice

Calories: 382.31 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 93.06 %
- ✓ Protein: 2.08 %
- ✓ Calcium: 200.0 mg/ 100 g
- ✓ Fat: 0.19 %
- ✓ Zinc: 100.0 mg/ 100 g

For details: director.sbi@icar.gov.in



■ Fried / Roasted Soy-Nuts

Calories: 420-500 kcal/100 g

Nutritive value:

- ✓ Protein: 34 – 36%
- ✓ Fat: 18 – 26%
- ✓ Ash: 6 – 7.5 %

Ingredients: Soy Nuts are Healthy Snacks Rich in Protein, Fat, Fiber, and Minerals and are Tasty in Both Forms Roasted/ Fried

For details: director.ciae@icar.gov.in



■ Fried Chips from Tuber Crops

Calories: 470-499 kcal/100 g

Nutritive value:

- ✓ Starch: 48.91-58.76%
- ✓ Sugar: 4.16-7.96%
- ✓ Fat: 22.5-28.91%
- ✓ Protein: 1.93-9.41%

Ingredients: Tuber Slices, Vegetable Oils, Salt, Spices

For details: director.ctcri@icar.gov.in





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■ Full Fat Soy Flour

Calories: 450 Kcal/100gm

Nutritive value:

- ✓ Protein: 40%
- ✓ Fat: 18%
- ✓ Calcium: 0.2%

Ingredients: Full Fat Soy Flour, Wheat Flour

For details: director.ciae@icar.gov.in



■ Functional Pasta/Spaghetti

Calories: 395.00 kcal/100 g

Nutritive value:

- ✓ Starch: 73.0%
- ✓ Protein: 12.6%
- ✓ Sugar: 5.8%
- ✓ Fat: 2.8%

Ingredients: Tuber Flour, Maida, Protein/Fibre Source, Cassava Starch, Rice Flour

For details: director.ctcri@icar.gov.in



■ Functional Sago

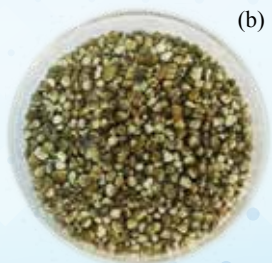
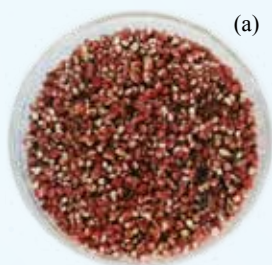
Calories: 395 kcal/100 gm

Nutritive value:

- ✓ Protein: 0.5-2.80%
- ✓ Fibre: 0.2-2.5%
- ✓ Fat: 1.5-7.6%
- ✓ Total phenol: 0.02-0.4g/g
- ✓ Antioxidant activity: 39.13-185.4mg

Ingredients: Functional Sago From Reconstituted Dry or Wet Cassava Starch Fortified with Beet Root Powder and Sweet Potato Leaf Powder with Improved Antioxidant Activity and Dietary Fibre Contents.

For details: director.ctcri@icar.gov.in



Gluten Free Pearl Millet Biscuits

Calories: 448.21 kcal/100 g

Nutritive value:

- ✓ Protein: 8.58 %
- ✓ Fat: 16.97%
- ✓ Fibre 2.56 %
- ✓ Calcium: 0.060%
- ✓ Carbohydrate: 0.065 %

Ingredients: Pearl Millet Flour, Sugar, Bakery Shortening (Fat), Baking Powder, Milk, Sesame Seeds or Coconut Shreds

For details: director.cazri@icar.gov.in



Goat Milk Pops

Calories: 110.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10.5 %
- ✓ Cholesterol: 0.3%

Ingredients: Goat Milk, All-purpose Flour, Refined Edible Oil, Bread Crumb

For details: director.cirg@icar.gov.in



Groundnut Butter

Calories: 680.90 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 32.0 %
- ✓ Protein: 30.8 %
- ✓ Fats: 47.7 %

Ingredients: Roasted Groundnut, Salt, Sugar and Refined Groundnut Oil

For details: director.dgr@icar.gov.in





Innovative Foods@ICAR

Groundnut Chutney

Calories: 376.00 kcal/100 g

Nutritive value:

- ✓ Fats- 31.9 %
- ✓ Carbohydrate- 13.3 %
- ✓ Protein- 8.8 %

Ingredients: Roasted Groundnut, Fresh Coconut, Salt and Curd

For details: director.dgr@icar.gov.in



Groundnut Flakes

Calories: 637.50 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 35.1 %
- ✓ Protein: 25.8 %
- ✓ Fats: 43.7 %

For details: director.dgr@icar.gov.in



Herbal Chew

Calories: Negligible

Nutritive value:

- ✓ Dietary fiber content- 500.0 mg/100 g
- ✓ Vitamin C: 4.5 mg/ 100 g
- ✓ Antioxidant: 114 mg/ 100 g

Ingredients: Aonla, Bark Extract, Indian Herbs, Mint Extract

For details: director.cish@icar.gov.in



■ High Fibre Biscuits

Calories: 423.18 kcal/100 g

Nutritive value:

- ✓ Protein: 8.67%
- ✓ Phenol: 330.09 mg GAE
- ✓ Antioxidant: 52.81 m mol TE

Ingredients: Powdered Pulse Milling Byproduct, Whole Wheat Flour, Butter/ Hydrogenated Vegetable Oil, Sugar Powder, Milk, Leavening Agents

For details: director.iipr@icar.gov.in



■ Idli and Dosa Mix

Calories: 352.89 kcal/100 g

Nutritive value:

- ✓ Protein: 9.21%
- ✓ Phenol: 208.94 mg GAE/100g
- ✓ Antioxidant: 53.25m mol TE/g

Ingredients: Powder from Pulse Milling Byproduct, Rice Flour

For details: director.iipr@icar.gov.in



■ Indian Flat Bread (Puri)

Calories: 501.00 kcal/100 g

Nutritive value:

- ✓ Starch: 58.06%
- ✓ Sugar: 2.17%
- ✓ Fat: 21.22%
- ✓ Protein: 15.75%

Ingredients: Cassava Flour (Roasted), Wheat Flour (Atta), Oil, Spices and Condiments

For details: director.ctcri@icar.gov.in





Innovative Foods@ICAR

■ Instant Mushroom Soup Mix

Calories: 314.65 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 56.13%
- ✓ Protein: 11.79%
- ✓ Fat: 4.78%
- ✓ Fibre: 3.54%
- ✓ Vitamin D: 692.91IU

Ingredients: Mushroom Powder, Corn Starch, Milk Powder, Salt, Sugar, Black Pepper

For details: director.mushroom@icar.gov.in



■ Jackfruit Seed Powder Based Cookies

Calories: 484.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate-66%
- ✓ Protein-4.5%
- ✓ Fat- 23%
- ✓ Calcium-0.1450%
- ✓ Fibre-2.1%
- ✓ Antioxidants-0.072%

For details: director.iihr@icar.gov.in



■ Jawar Fennel Seed Biscuit

Calories: 489.39 kcal/100 g

Nutritive value:

- ✓ Total Fat: 18.76 %
- ✓ Total Carbohydrates: 70.39 %
- ✓ Sodium: 0.028%
- ✓ Dietary Fibre: 0.011%
- ✓ Protein: 4.003 %
- ✓ Total Sugar: 25.73 %
- ✓ Added Sugar: 21.11 %
- ✓ Calcium: 0.288%
- ✓ Iron: 4.85 mg/100g

Ingredients: Jowar Flour, Powdered Sugar, Fennel Seeds and Powder, Ghee/Oil, Milk and Vanilla Essence and Kinnow Juice

For details: director.nrccs@icar.gov.in



■ Jowar Bread

Calories: 373.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10.18 %
- ✓ Fat: 9.61 %
- ✓ Dietary Fibre: 7.0 %
- ✓ Calcium: 3.54 mg/100g

Ingredients: Sorghum Flour, Refined Wheat Flour, Sugar, Salt, Yeast, SMP, Vegetable Oil, Vanilla Powder and Calcium Propionate

For details: director.iimr@icar.gov.in



■ Jowar Instant Upma Mix

Calories: 385.00 kcal/100 g

Nutritive value:

- ✓ Protein: 13.40 %
- ✓ Dietary Fibre: 8.85 %
- ✓ Fat: 1.0 %

Ingredients: Jowar Upma Rawa, Bengal Gram Dhal, Black Gram Dhal, Dried Curry Leaves, Cumin, Asafoetida and Salt

For details: director.iimr@icar.gov.in



■ Jowar Pasta

Calories: 328.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10.4 %
- ✓ Dietary Fibre: 6.2 %
- ✓ Fat: 2.3 %

Ingredients: Jowar Semolina, Wheat Semolina, Gingelly Seed and Xanthan Gum

For details: director.iimr@icar.gov.in





Innovative Foods@ICAR

■ Jowar Puffs

Calories: 349.0 kcal/100 g

Nutritive value:

- ✓ Protein: 11.0 %
- ✓ Fat: 2.0 %
- ✓ Dietary Fibre: 8.4 %

Ingredients: Jowar, Salt, Spice Mix

For Details: director.iimr@icar.gov.in



■ Jowar Vermicelli

Calories: 332.0 kcal/100 g

Nutritive value:

- ✓ Protein: 10.40 %
- ✓ Iron: 3.89 %
- ✓ Fat: 2.3 %

Ingredients: Jowar Semolina, Wheat Semolina, Sesame, Xanthan Gum

For details: director.iimr@icar.gov.in



■ Kalpa Krunch

Calories: 390.20 kcal/100 g

Nutritive value:

- ✓ Carbohydrate : 76.31%
- ✓ Protein-7.85%
- ✓ Fat: 5.95%

Ingredients: Defatted Coconut gratings and Cereals

For details: director.cpcr@icar.gov.in



■ **Mango Ketchup**

Calories: 103.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 25.7 g
- ✓ Acidity: 0.89 g
- ✓ Vitamin-C: 60.0 mg/ 100 g

Ingredients: Mango Pulp, Sugar, Salt, Spices, Onion, Garlic, Ginger and Acetic Acid

For details: director.cish@icar.gov.in



■ **Milk Chips**

Calories: 350-360 kcal/100 g

Nutritive value:

- ✓ Protein: 30-40%
- ✓ Fat: 2-5%
- ✓ Carbohydrate: 35-55%

Ingredients: Milk Coagulum, Binders, Salt, Spices

For details: director.ivri@icar.gov.in



■ **Milk Nimiki**

Calories: 350-360 kcal/100 g

Nutritive value:

- ✓ Protein: 30-40%
- ✓ Fat: 2-5%
- ✓ Carbohydrate: 35-55%

Ingredients: Milk Coagulum, Binders, Salt, Spices

For details: director.ivri@icar.gov.in





Innovative Foods@ICAR

■ Milk Protein Bajra Biscuits

Calories: 380.00 kcal/100 g

Nutritive value:

- ✓ Protein: 20.0 %
- ✓ Iron: 35.0 %
- ✓ Calcium: 9.0 %

Ingredients: Bajra (Pearl Millet) Flour, Wheat Flour, Shortening, Dairy Ingredients (Rich in Milk Proteins) and Fortified with Suitable Iron Salt

For details: director.ndri@icar.gov.in



■ Millet Instant Idli Mix

Calories: 379.00 kcal/100 g

Nutritive value:

- ✓ Protein: 15.2 %
- ✓ Dietary Fibre: 7.0 %
- ✓ Fat: 1.8 %
- ✓ Calcium: 58 mg/100 g

Ingredients: Jowar Idli Rawa, Bajra Idli Rawa, Ragi Idli Rawa, Foxtail Idli Rawa, Urad Dhal, Baking Soda, Citric Acid, Dry Yeast and Salt

For details: director.iimr@icar.gov.in



■ Minimally Processed Banana Rhizome

Calories: 6.55 – 13.11 kcal/100 g

Nutritive value:

- ✓ Moisture :83.00 - 86.50 %
- ✓ Carbohydrate :11.25 - 13.80 %
- ✓ Protein: 1.45 - 2.16 %
- ✓ Fat: 0.50 - 1.56 %
- ✓ Ash :1.50 - 2.50 %

Ingredients: Banana Rhizome, Sugar, Iodized Salt, Acidity Regulator INS 260, Firming Agent INS 509, Spices and Condiments

For details: director.nrcb@icar.gov.in



■ Minimally Processed Pomegranate Arils

Calories: 72.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 16.6%
- ✓ Protein: 1.0%
- ✓ Potassium: 379.0 mg/100g
- ✓ Calcium: 13.0 mg
- ✓ Magnesium: 12.0 m/100g
- ✓ Iron: 0.70 mg/100g

For details: director.nrcpom@icar.gov.in



■ Multi Millet Bread

Calories: 250.00 kcal/100 g

Nutritive value:

- ✓ Protein: 8.40 %
- ✓ Fat: 3.75 %
- ✓ Dietary Fibre: 5.64 %

Ingredients: Jowar Flour, Ragi Flour, Bajra Flour, Foxtail Flour, Refined Wheat Flour, Sugar, Vegetable Oil, Yeast, Vanilla Powder, Calcium Propionate and Salt

For details: director.iimr@icar.gov.in



■ Multi-Nutrient Biscuit

Calories: 506.00 kcal/100 g

Nutritive value:

- ✓ Protein: 14%
- ✓ Minerals: 2%
- ✓ Fibre: 1%

Ingredients: Corn, Whole Wheat, Sorghum, Finger-Millet, Split Green Gram, Peanuts, and Papaya

For details: director.ciae@icar.gov.in





Innovative Foods@ICAR

■ **Muruku**

Calories: 379.34 kcal/100 g

Nutritive value:

- ✓ Protein: 8.64%
- ✓ Phenol: 164.76 mg GAE/100g
- ✓ Antioxidant: 62.61m mol TE/100g

Ingredients: Powder from Pulse Milling Byproduct, Salt, Spices, Vegetable Oil

For details: director.iipr@icar.gov.in



■ **Mushroom Millet Cookies**

Calories: 340-374 kcal/100 g

Nutritive value:

- ✓ Starch: 71.43-73.17%
- ✓ Sugar: 2.7-6.79%
- ✓ Fat: 0.48-2.75%
- ✓ Protein: 4.82-10.19%

Ingredients: Dehydrated Cassava/ Amorphophallus Sliced

For details: director.mushroom@icar.gov.in



■ **Noodles**

Calories: 348.24 kcal/100 g

Nutritive value:

- ✓ Protein: 15.92%
- ✓ Phenol: 162.30 mg GAE/100 g
- ✓ Antioxidant: 67.75 m mol TE/100 g

Ingredients: Powder from Pulse Milling Byproduct, Wheat Flour, Salt, Spices, Vegetable Oil

For details: director.iipr@icar.gov.in



■ Palada Payasam Mix

Calories: 390.00 kcal/100 g

Nutritive value:

- ✓ Protein 5.0 %
- ✓ Calcium 24.0 mg/100g

Ingredients: Milk, Sugar, and Rice

For details: director.ndri@icar.gov.in



■ Pomegranate Juice Powder

Calories: 68.00 kcal/100 g

Nutritive value:

- ✓ Phenol: 267.88 mg GAE
- ✓ Antioxidant capacity: 40.09 mg/100 g
- ✓ Anthocyanin: 24.60 mg/ 100 g
- ✓ Ascorbic acid: 14.17 mg/ 100 g

Ingredients: Pomegranate Juice, Whey Protein Isolate, Carboxy Methyl Cellulose

For details: director.nrcpom@icar.gov.in



■ Pomegranate Seed Based Cookies

Calories: 561.13 kcal/100 g

Nutritive value:

- ✓ Protein: 5.57 %
- ✓ Fibre: 8.47 %

Ingredients: De-Oiled Pomegranate Seed Cake, Wheat Flour, Sugar, Shortening

For details: director.nrcpom@icar.gov.in





Innovative Foods@ICAR

■ Protein Rich Pizza Base

Calories: 379.67 kcal/100 g

Nutritive value:

- ✓ Protein: 7.69 %
- ✓ Phenol: 267.50 mg GAE/100 g

Ingredients: Powder from Pulse Milling Byproduct, Maida, Sugar, Salt, Baking Powder, Curd, and Refined Oil

For details: director.iipr@icar.gov.in



■ Pulse Husk

Calories: 339.76 kcal/100 g

Nutritive value:

- ✓ Protein: 11.44%
- ✓ Phenol: 4963.27mg GAE/100g
- ✓ Antioxidant: 171.61m mol TE/100g

Ingredients: Husk Fraction from Pulse Milling byproduct

For details: director.iipr@icar.gov.in



■ Ragi Bread

Calories: 356.00 kcal/100 g

Nutritive value:

- ✓ Protein: 9.89 %
- ✓ Fat: 7.57 %
- ✓ Calcium: 0.192.56 %

Ingredients: Ragi Flour, Refined Wheat Flour, Sugar, Salt, Yeast, SMP, Vegetable Fat, Vanilla and Calcium Propionate

For details: director.iimr@icar.gov.in



■ Ragi Muffins

Calories: 346.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10.78 %
- ✓ Fat: 29.78 %
- ✓ Calcium: 0.134%

Ingredients: Ragi Flour, Cocoa Powder, Vegetable Fat, Sugar, Eggs, GS, Lecithin, Baking Soda, Baking Powder, SMP, Salt, Butter and Pine Apple Essence

For details: director.iimr@icar.gov.in



■ Ragi Soup Mix

Calories: 333.00 kcal/100 g

Nutritive value:

- ✓ Protein: 7.03 %
- ✓ Fat: 3.99 %
- ✓ Calcium: 209.45 mg/100g

Ingredients: Ragi Flour, Carrot, Beans, Onion, Corn, Coriander Powder, Peas, Red Chilli Powder, Pepper, Herbs, Milk Powder and Salt

For details: director.iimr@icar.gov.in



■ Raw Mango Sauce

Calories: 63.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 15.8 %
- ✓ Acid: 1.69 %
- ✓ Vitamin-C: 44 mg/100 g
- ✓ Carotene: 0.63 mg/100 g

Ingredients: Mango Pulp, Chilli, Spices and Herbs

For details: director.cish@icar.gov.in





■ Ready-to-Eat Snacks: Mathri

Calories: 365.67 kcal/100 g

Nutritive value:

- ✓ Protein: 9.64%
- ✓ Phenol: 162.75 mg GAE/100g
- ✓ Antioxidant: 42.75 m mol TE/100g

Ingredients: Powder from Pulse Milling Byproduct, White Flour, Salt, Spices, Vegetable Oil

For details: director.iipr@icar.gov.in



■ Ready-to-Eat Snacks: Nachos

Calories: 385.05 kcal/100 g

Nutritive value:

- ✓ Protein: 10.34%
- ✓ Phenol: 210.45 mg GAE
- ✓ Antioxidant: 40.16 m mol TE

Ingredients: Powder from Pulse Milling Byproduct, Rice Flour, Vegetable Oil, Salt, Spices

For details: director.iipr@icar.gov.in



■ Ready-to-Reconstitute Basundi Mix

Calories: 456.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 59.91%
- ✓ Protein: 17.76%
- ✓ Fat: 15.52%

Ingredients: Particulate Whey Protein, Dehydrated Sweetened Milk Solids and Sugar

For details: director.ndri@icar.gov.in



■ Ready-to-Reconstitute Rasmalai Mix

Calories: 352.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 58.76%
- ✓ Protein: 18.52%
- ✓ Fat: 17%

Ingredients: Milk, Sucrose, Pista, Kesar

For details: director.ndri@icar.gov.in



■ Rice Analogues

Calories: 341.02 kcal/100 g

Nutritive value:

- ✓ Starch: 65.69%
- ✓ Sugar: 4.03%
- ✓ Fat: 2.2%
- ✓ Protein: 9.57%

Ingredients: Cassava/Sweet Potato Flour, Whey Protein Concentrate, Cassava Starch, Maida

For details: director.ctcri@icar.gov.in



■ Ripe Banana Powder

Calories: 3030.24 kcal/100 g

Nutritive value:

- ✓ Protein: 8.73-9.54%
- ✓ Carbohydrate: 71.18-75%
- ✓ Fat: 0.35-0.68%
- ✓ Fibre: 5.31-6.82 %

Ingredients: Banana Pulp and Thickener INS 414

For details: director.nrcb@icar.gov.in





Innovative Foods@ICAR

■ Seaweed Enriched Cookies

Calories: 500.00 kcal/100 g

Nutritive value:

- ✓ Protein: 8.20 %
- ✓ Fat: 26.8 %
- ✓ Carbohydrate: 67.4 %

Ingredients: Organic Whole Millets (Ragi), Oats Floor, Spirulina, Demerara, Sugar, Cocoa Solids, Edible Vegetable Fat, Choco Chips, Vanilla, Baking Powder, INS 503

For details: director.cift@icar.gov.in



■ Seaweed Noodles

Calories: 256.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate :56.0 %
- ✓ Protein: 8.0 %
- ✓ Crude fibre: 2.0 %

Ingredients: Fish Protein, Seaweed

For details: director.cift@icar.gov.in



■ Soy Cookies

Calories: 293.90 kcal/100 g

Nutritive value:

- ✓ Protein: 13.4%
- ✓ Fat :26.7%
- ✓ Minerals: 3.8 %

Ingredients: Refined Flour, Roasted Soy Flour, Cardamom, Sugar, Butter, Almonds, Baking Powder, Baking Soda

For details: director.soybean@icar.gov.in



■ Soy Fortified Cake

Calories: 440.82 kcal/100 g

Nutritive value:

- ✓ Protein: 8.46%
- ✓ Fat: 45.22%
- ✓ Minerals: 8.65%

Ingredients: Refined Flour, Dates, Baking Powder, Baking Soda, Cocoa Solids, Vanilla Essence, Eggs

For details: director.soybean@icar.gov.in



■ Soy Halwa Mix

Calories: 300.50 kcal/100 g

Nutritive value:

- ✓ Protein: 28.5%
- ✓ Fat: 15.5%
- ✓ Minerals: 5%

Ingredients: Okara, Soy Flour, Sugar, Ghee, Almonds, Raisins, Cashew, Cardamom

For details: director.soybean@icar.gov.in



■ Soy Mathri

Calories: 231.50 kcal/100 g

Nutritive value:

- ✓ Protein: 21.2%
- ✓ Fat: 16.3%
- ✓ Minerals: 5%

Ingredients: Refined Flour, Soy Flour, Oil, Salt, Carom Seeds

For details: director.soybean@icar.gov.in





Innovative Foods@ICAR

■ Soy Mayonnaise

Calories: 168.44 kcal/100 g

Nutritive value:

- ✓ Fat: 17.16%
- ✓ Protein: 3.5%
- ✓ Minerals: 3.46%

Ingredients: Soy Protein Isolate, Soy Protein Concentrate, Guar Gum, Refined Oil, Vinegar, Potato Starch, Corn Starch, Guar Gum

For details: director.soybean@icar.gov.in



■ Soy Nuts

Calories: 385.05 kcal/100 g

Nutritive value:

- ✓ Protein: 10.34%
- ✓ Phenol: 210.45 mg GAE
- ✓ Antioxidant: 40.16 m mol TE

Ingredients: Dried Dehulled Soybean, Oil, Red Chili Powder, Salt, Chaat Masala, Dried Mango Powder

For details: director.soybean@icar.gov.in



■ Soy Sev

Calories: 565.00 kcal/100 g

Nutritive value:

- ✓ Protein: 30%
- ✓ Fat: 45%
- ✓ Minerals: 3.6%

Ingredients: Carom Seeds, Black Pepper Powder, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt, Clove Powder, Water, Chickpea Flour, Soy Flour, Oil

For details: director.soybean@icar.gov.in



■ Soy Upma Mix

Calories: 177.93 kcal/100 g

Nutritive value:

- ✓ Fat: 14.17%
- ✓ Protein: 12.6%
- ✓ Minerals: 3.2%

Ingredients: Semolina, Oil, Mustard Seeds, Green Peas, Coriander, Okara, Peanuts, Green Chillies, Carrots, Salt

For details: director.soybean@icar.gov.in



■ Soya Chop

Calories: 135-140 kcal/100 g

Nutritive value:

- ✓ Protein: 22%
- ✓ Carbohydrate: 8.1%
- ✓ Fat: 1.5%

For details: director.ciae@icar.gov.in



■ Soy-Butter

Calories: 564.00 kcal/100 g

Nutritive value:

- ✓ Protein: 39.0 %
- ✓ Minerals: 3.0 %
- ✓ Calcium: 358.0 mg/100 g

For details: director.ciae@icar.gov.in





Innovative Foods@ICAR

■ Spray Dried Avocado Powder

Calories: 290.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 45 %
- ✓ Fibre: 7.6 %
- ✓ Protein: 1.5 %
- ✓ Fat: 13 %

For details: director.iihr@icar.gov.in



■ Spray Dried Milk Beverage Mix

Calories: 500.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 44.3%
- ✓ Fat: 25.7%
- ✓ Protein: 23.5%
- ✓ Dehydrated Litchi Pulp (Litchi Raisin) Ash: 3.3%
- ✓ Moisture: 3.2%

Ingredients: Milk and Malted Foxtail or Barnyard Millet

For details: director.ndri@icar.gov.in



■ Spray Dried Sugarcane Juice

Calories: 373.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 93.06 %
- ✓ Calcium: 0.02 %;
- ✓ Fat: 0.19 %
- ✓ Zinc: 100 mg/ 100 g

For details: director.sbi@icar.gov.in



■ Spray Dried Whey Protein Biscuits

Calories: 400.00 kcal/100 g

Nutritive value:

- ✓ Protein 20.0 %
- ✓ Iron 35.0 %
- ✓ Calcium 9.0 %

Ingredients: Wheat, Milk Powder, Iron Salts

For details: director.ndri@icar.gov.in



■ Tuber Crops Based Bakery Products

Calories: 444-465.00 kcal/100 g

Nutritive value:

- ✓ Starch: 47.36-52.94%
- ✓ Sugar: 13.1-17.86%
- ✓ Fat: 15.57-17.6%
- ✓ Protein: 9.85-10.32%

Ingredients: Tuber Flour, Maida/Wheat Flour, Protein and Fiber Sources, Sugar, Butter, Spices and Condiments

For details: director.ctcri@icar.gov.in



■ Tuber Flour Based Snacks

Calories: 443-487 kcal/100 g

Nutritive value:

- ✓ Starch: 34.5-57.7%
- ✓ Sugar: 2.71-31.25%
- ✓ Fat: 15.6-32.2%
- ✓ Protein: 5.4-11.6%

Ingredients: Tuber Flours, Maida, Bengal Gram Flour, Rice Flour, Spices and Condiments, Round Nuts

For details: director.ctcri@icar.gov.in





■ Vacuum Fried Sweet Potato Chips

Calories: 159-167 kcal/100 g

Nutritive value:

- ✓ Fat: 12-13%
- ✓ Sugar: 2-3%
- ✓ Fibre: 2%
- ✓ Protein: 0.25-1.0%

Ingredients: Tuber, Oil, Spice mix

For details: director.ctcri@icar.gov.in



■ Battered and Breaded Fish Products

Calories: 170.00 kcal/100 g

Nutritive value:

- ✓ Protein: 15 %
- ✓ Fat: 2 %
- ✓ Carbohydrates: 23 %

Ingredients: Cooked Fish Meat/
Fish Mince, Corn Starch, Salt, Garlic,
Ginger, Pepper, Maida, Bengal Gram,
Tri Sodium Polyphosphate, Turmeric
Powder, Guar Gum

For details: director.cift@icar.gov.in



■ Blended Meat Snacks

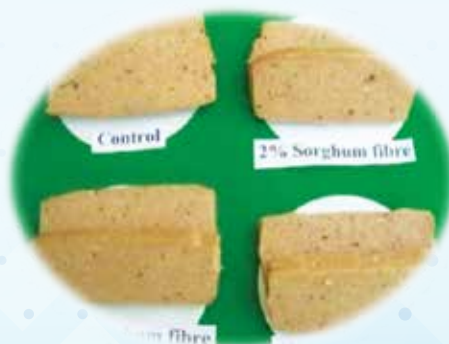
Calories: 190.00 kcal/100 g

Nutritive value:

- ✓ Protein: 18-20 %
- ✓ Fat: 12-13 %
- ✓ Carbohydrates: 2 %

Ingredients: Boneless Meat, Binders,
Spice and Condiments, Vegetable Oil,
Water, Salt, Fibre /Phytochemicals/
Nutraceuticals and Permitted Additives

For details: director.nrcm@icar.gov.in



■ Chicken Breast Fillets

Calories: 195.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 31%
- ✓ Protein: 11%
- ✓ Fat: 3%

Ingredients: Tough Spent Hen /Breeder Meat

For details: director.cari@icar.gov.in



■ Chicken Meat Chips

Calories: 450-470 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 45-55%
- ✓ Fat: 20-24%
- ✓ Protein: 16-28%

Ingredients: Meat, Cereals Flour, Condiments, Salt, Spices

For details: director.ivri@icar.gov.in



■ Chicken Meat Tikka

Calories: 219.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 34%
- ✓ Protein: 14%
- ✓ Fat: 3%

Ingredients: Meat from Spent Hen

For details: director.cari@icar.gov.in





Innovative Foods@ICAR

■ CIFT Nutribar

Calories: 396.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 65. %
- ✓ Protein: 15.6 %
- ✓ Fat: 7.8 %

Ingredients: Fish protein powder, Cereal Mix (Wheat Flakes, Corn flakes, Oats, Buck wheat), Dry fruits, Maltodextrin, Banana flour, Vanilla powder, Vegetable Glycerine and Corn syrup

For details: director.cift@icar.gov.in



■ Cured and Dried Fish Products

Calories: 168.70 kcal/100 g

Nutritive value:

- ✓ Protein: 15-20 %
- ✓ Fat: 1-20 %
- ✓ Carbohydrates: 0.1 -2.0 %

For details: director.cift@icar.gov.in



■ Cured and Smoked Meat Products

Calories: 106 kcal/100 g

Nutritive value:

- ✓ Protein: 22-24 %
- ✓ Total fat: 2-3 %

Ingredients: Bone-In Cuts Like Breast, Legs, Wings, Drumsticks, Products Likes Sausage, Salt and Permitted Additives

For details: director.nrcm@icar.gov.in



■ Cured and Smoked Pork Products

Calories: 253.00 kcal/100 g

Nutritive value:

- ✓ Protein: 31%
- ✓ Total Fat: 6.8 %
- ✓ Saturated Fat: 2.7%

Ingredients: Cured Ham, Bacon

For details: director.nrcp@icar.gov.in



■ Emulsion based Meat Products

Calories: 24-260 kcal/100 g

Nutritive value:

- ✓ Protein: 16-19%
- ✓ Fat: 13-15.5%
- ✓ Carbohydrate: 4-5%
- ✓ Sugar: 0.35%

Ingredients: Minced Meat, Refined Vegetable Oil, Refined Wheat Flour, Salt, Spices, Sugar, Stpp and Sodium Nitrite

For details: director.ivri@icar.gov.in



■ Emulsion Meat Sausage

Calories: 190.00 kcal/100 g

Nutritive value:

- ✓ Protein: 18-20 %
- ✓ Fat: 12-13 %
- ✓ Carbohydrates: 2 %

Ingredients: Boneless Meat, Binders, Spice and Condiments, Vegetable Oil, Water, Salt and Permitted Additives

For details: director.nrcm@icar.gov.in





Innovative Foods@ICAR

■ Enrobed Meat Snacks

Calories: 210-230` Kcal/100gm

Nutritive value:

- ✓ Protein: 18-20 %
- ✓ Fat: 10-12 %
- ✓ Carbohydrates: 4-6 %

Ingredients: Bone-In Cuts Like Wings, Drumsticks, Products Likes Nuggets, Binders, Bread Crumbs, Spice Mix, Vegetable Oil, Water, Salt and Permitted Additives

For details: director.nrcm@icar.gov.in



■ Enrobed Pork Snacks

Calories: 161.00 kcal/100 g

Nutritive value:

- ✓ Protein: 13 %
- ✓ Total Fat: 10 %
- ✓ Saturated Fat: 4 %

For details: director.nrcp@icar.gov.in



■ Extruded Snacks

Calories: 587.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 52.9 %
- ✓ Fat: 35.7 %
- ✓ Protein: 13.8 %

Ingredients: Raw Mussel, Steamed Rice Powder, Coconut, Button Onion, Fennel Seeds, Green Chilly, Curry Leaves, Chilly Powder, Turmeric Powder, Salt

For details: director.cift@icar.gov.in



■ Fish Cracker

Calories: 345.50 kcal/100 g

Nutritive value:

- ✓ Protein: 10.97 %
- ✓ Fat: 0.1 %
- ✓ Carbohydrate: 75.29 %

Ingredients: Fish, Tapioca Starch, Baking Powder, White Pepper, Salt

For details: director.cift@icar.gov.in



■ Fish Curry in Retortable Pouches

Calories: 110-160 kcal/100 g

Nutritive value:

- ✓ Fat: 11.4 %
- ✓ Protein: 10.6 %
- ✓ Carbohydrates: 6.8 %

Ingredients: Fish, Red Chilli, Ginger, Garlic, Malabar Tamarind, Fenugreek, Turmeric Powder, Black Pepper Powder, Mustard Seeds, Coconut oil and Salt

For details: director.cift@icar.gov.in



■ Fish Meat Fortified Snack

Calories: 355.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 74.9 %
- ✓ Protein: 13.40 %
- ✓ Moisture: 8.5 %
- ✓ Fat: 0.2 %

Ingredients: Fish Powder, Starch, Salt

For details: director.cife@icar.gov.in





Innovative Foods@ICAR

■ Fish Paneer

Calories: 98 Kcal/100gm

Nutritive value:

- ✓ Moisture: 75.53%
- ✓ Protein: 17.50%
- ✓ Carbohydrate: 6.0 %
- ✓ Fat: 0.47%

Ingredients: Fish Mince, Starch, Oil

For details: director.cife@icar.gov.in



■ Fish Papad

Calories: 288.06 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 43.3 %
- ✓ Protein: 27.4 %
- ✓ Fat: 0.65 %

Ingredients: Fish, Black gram, Baking Soda, Salt, Asafoetida

For details: director.cift@icar.gov.in



■ Fish Sandwich

Calories: 397.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 43.89 %
- ✓ Fat: 34.79 %
- ✓ Protein: 19.35 %
- ✓ Carbohydrate: 1.42

Ingredients: Fish Mince, Potato, Oil & Spices

For details: director.cife@icar.gov.in



■ Fish Wafer

Calories: 514.72 kcal/100 g

Nutritive value:

- ✓ Moisture: 1.67%
- ✓ Fat: 6.6%
- ✓ Protein: 50.31%
- ✓ Carbohydrate: 41%

Ingredients: Fish, Starch, Salt and Spice Mixtures

For details: director.ciari@icar.gov.in



■ Fried Mussels

Calories: 115.00 kcal/100 g

Nutritive value:

- ✓ Protein: 12.5%
- ✓ Fat: 6.5%
- ✓ Carbohydrate: 1.5%

Ingredients: Mussels, Red Chilly, Vegetable Oil, Salt and Spices

For details: director.cift@icar.gov.in



■ Gluten Free Goat Meat Nuggets

Calories: 235.00 kcal/100 g

Nutritive value:

- ✓ Protein-15%
- ✓ Fat 13%
- ✓ Minerals-2-3%

Ingredients: Meat, Table salt, STPP, Nitrite, Sucrose, Refined edible Oil, Condiments, Pseudo-Cereal flour, spice mix

For details: director.cirg@icar.gov.in





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Goat Meat Biscuits

Calories: 461.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates 50-55%
- ✓ Fat-21% (SFA-8.62%, MUFA-8.38%, PUFA- 5.81%)
- ✓ Protein 14%

Ingredients: Meat Powder, Table Salt, Dry Spices, Fibre Ingredients

For details: director.cirg@icar.gov.in



Goat Meat Murukku

Calories: 242.00 kcal/100 g

Nutritive value:

- ✓ Fat-26% (SFA-13.88%, MUFA-4.57%, PUFA- 9.76%)
- ✓ Protein- 16%
- ✓ Dietary fibre- 8%

Ingredients: Meat Powder, Table Salt, Ghee, Carrom Seeds, Asafoetida, Rice and Pulse Flour

For details: director.cirg@icar.gov.in



Goat Meat Nimkee

Calories: 260.00 kcal/100 g

Nutritive value:

- ✓ Fat-23% (SFA-18.13%, MUFA-2.34%, PUFA- 4.43%)
- ✓ Protein- 14%
- ✓ Dietary fibre- 6%

Ingredients: Meat Powder, Table Salt, Refined Edible Oil, Water, Baking Soda, All-Purpose Flour

For details: director.cirg@icar.gov.in



Goat Meat Nuggets

Calories: 190.00 kcal/100 g

Nutritive value:

- ✓ Protein 15%
- ✓ Fat-12% (SFA-7%, MUFA-3%, PUFA-2%)
- ✓ Omega 3 FA-0.12%

Ingredients: Meat, Table Salt, STPP, Nitrite, Sucrose, Ice, Refined Edible Oil, Condiments, All-Purpose Flour, Dry Spice Mix

For details: director.cirg@icar.gov.in



Goat Meat Patties

Calories: 205.00 kcal/100 g

Nutritive value:

- ✓ Protein 14%
- ✓ Fat-10% (SFA-5%, MUFA-3%, PUFA-2%)
- ✓ Omega 3 FA-0.18%

Ingredients: Meat, Common Salt, STPP, Nitrite, Sucrose, Ice, Refined Edible Oil, Condiments, All-purpose flour, Dry Spice Mix

For details: director.cirg@icar.gov.in



Goat Meat Retort Processed Product

Calories: 240.00 kcal/100 g

Nutritive value:

- ✓ Protein 15%
- ✓ Fat-12% (SFA-7%, MUFA-3%, PUFA-2%)
- ✓ Omega 3 FA-0.12%

Ingredients: Meat, Table Salt, STPP, Nitrite, Sugar, Ice, Refined Edible Oil, Condiments, All-Purpose Flour, Dry Spice Mix

For details: director.cirg@icar.gov.in





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Goat Meat Sausage

Calories: 185.00 kcal/100 g

Nutritive value:

- ✓ Protein: 14%
- ✓ Fat: 12% (SFA-6%, MUFA: 4%, PUFA-2%)
- ✓ Omega 3 FA-0.09%

Ingredients: Meat, Table Salt, STPP, Nitrite, Sucrose, Ice, Oil, Condiments, All- Purpose Flour, Dry Spice Mix

For details: director.cirg@icar.gov.in



Goat Meat Shami Kebab

Calories: 235.00 kcal/100 g

Nutritive value:

- ✓ Protein: 25%
- ✓ Fat: 14%
- ✓ Minerals: 2-3%

Ingredients: Meat, Fat, Table Salt, Nitrite, Condiments, Dry Spice Mix, Binder

For details: director.cirg@icar.gov.in



Instant Emu Egg Noodles

Calories: 412.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 61%
- ✓ Protein: 15%
- ✓ Fat: 12%

Ingredients: Emu Egg and Cereal Flour

For details: director.cari@icar.gov.in



■ Laminated Bombay Duck

Calories: 367.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 76.82 g
- ✓ Protein: 15.33 g
- ✓ Fat: 5.82 g
- ✓ Carbohydrate: 0.76 g

Ingredients: Fish, Salt and Acetic Acid

For details: director.cife@icar.gov.in



■ Meat Cookies (Avi-Cookies)

Calories: 528.00 kcal/100 g

Nutritive value:

- ✓ Fat: 30-32 %
- ✓ Protein: 25-26 %

Ingredients: Meat Powder, Fat, Salt, Sugar, Refined Wheat Flour

For details: director.cswri@icar.gov.in



■ Meat Kofta (Meat Ball)

Calories: 205.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 60-62 %
- ✓ Protein: 15-17%
- ✓ Fat: 12-13 %

Ingredients: Meat, Mustard Oil, Turmeric, Salt, Spices, Onion and Garlic Paste, Vinegar, Citric Acid, Sodium Nitrite

For details: director.cswri@icar.gov.in





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■ Low Sugar Multi-Grain Egg Biscuit

Calories: 422.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 46%
- ✓ Protein: 19%
- ✓ Fat: 18%
- ✓ Ash: 2 %
- ✓ Fibre: 4%

Ingredients: Whole Chicken Egg, Fat, Salt, Sugar, Refined Wheat Flour

For details: director.cari@icar.gov.in



■ Multi-grain Egg Biscuit

Calories: 409.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 55%
- ✓ Protein: 18%
- ✓ Fat: 13%
- ✓ Ash: 1%
- ✓ Fibre: 3%

Ingredients: Multi-Grain Flours and Egg

For details: director.cari@icar.gov.in



■ Mutton Loaf

Calories: 205.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 60-62 %
- ✓ Protein: 15-17%
- ✓ Fat: 12-14 %

Ingredients: Meat, Vegetable Fat, Salt, Sugar, Spices, Onion & Garlic Paste, Refined Wheat Flour, STPP, Sodium Nitrite

For details: director.cswri@icar.gov.in



Mutton Nuggets

Calories: 205.00M kcal/100 g

Nutritive value:

- ✓ Moisture: 60-62 %
- ✓ Protein: 15-17 %
- ✓ Fat: 12-14 %

Ingredients: Meat, Vegetable Fat, Salt, Sugar, Spices, Onion & Garlic Paste, Refined Wheat Flour,STPP, Sodium Nitrite

For details: director.cswri@icar.gov.in



Mutton Patties

Calories: 230.00 kcal/100 g

Nutritive value:

- ✓ Fat: 13-15 %
- ✓ Protein: 17-19 %
- ✓ Moisture: 55-57 %

Ingredients: Meat, Gram Flour, Vegetable Fat, Salt, Sugar, Spices, Onion & Garlic Paste, Refined Wheat Flour, STPP, Sodium Nitrite

For details: director.cswri@icar.gov.in



Mutton Soup

Calories: 21.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 93-95 %
- ✓ Protein: 2-3%
- ✓ Fat: 1-2 %

Ingredients: Broth from Bone, Salt, Spices, Onion & Garlic Paste, Corn Flour, Citric Acid

For details: director.cswri@icar.gov.in





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■ Pangassius Mince Sausage

Calories: 117.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 76.82 %
- ✓ Protein: 15.33 %
- ✓ Fat: 5.82 %
- ✓ Carbohydrate: 0.76 %

Ingredients: Fish Mince, Starch, Oil, Salt, Spices and Permitted Colour

For details: director.cife@icar.gov.in



■ Pork Meat Based Snacks

Calories: 105.00 kcal/100 g

Nutritive value:

- ✓ Protein: 8 %
- ✓ Total Fat: 4 %
- ✓ Saturated Fat: 1.2 %

For details: director.nrcp@icar.gov.in



■ Pork Processed Retort Product

Calories: 128.00 kcal/100 g

Nutritive value:

- ✓ Protein: 12 %
- ✓ Total Fat: 2.5 %
- ✓ Saturated Fat: 1 %

Ingredients: Pork, Pork Fat and Vegetables

For details: director.nrcp@icar.gov.in



Poultry Meat Finger Chips

Calories: 401.00 kcal/100 g

Nutritive value:

- ✓ Protein: 37%
- ✓ Carbohydrate: 34%
- ✓ Fat: 13%
- ✓ Fibre: 1%

Ingredients: Turkey and Low Valued Spent Hen Meat

For details: director.cari@icar.gov.in



Poultry Meat Wafers

Calories: 424.00 kcal/100 g

Nutritive value:

- ✓ Protein: 38%
- ✓ Carbohydrate: 32%
- ✓ Fat: 16%
- ✓ Fibre: 1.0%

Ingredients: Turkey and Spent Hen Meat (70:30), Skimmed Milk Powder, Sodium Hydrogen Carbonate, Flours

For details: director.ciari@icar.gov.in



Premium Chicken Soup

Calories: 20.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 2-3%
- ✓ Protein: about 2%
- ✓ Fat: <0.5%

Ingredients: Bone Broth, Water, Corn Starch, Condiments, Salt Spices, Black Pepper

For details: director.ivri@icar.gov.in





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■ Ready to Cook Dried Fish Fingers

Calories: 313.00 kcal/100 g

Nutritive value:

- ✓ Protein: 60.0 %
- ✓ Carbohydrate: 7.0 %
- ✓ Fat: 5.0 %

Ingredients: Dry Fish Mince, Corn Starch

For details: director.cift@icar.gov.in



■ Ready to Fry Stuffed Mussels

Calories: 137.00 kcal/100 g

Nutritive value:

- ✓ Protein: 9.55 %
- ✓ Fat: 2.98 %
- ✓ Carbohydrate: 17.21 %

Ingredients: Raw Mussel, Steamed Rice Powder, Coconut, Button Onion, Fennel Seeds, Green Chilly, Curry Leaves, Chilly Powder, Turmeric Powder, Salt

For details: director.cift@icar.gov.in



■ Restructured Meat Snacks

Calories: 160 kcal/100 g

Nutritive value:

- ✓ Protein: 21-22 %
- ✓ Total fat: 8-10 %
- ✓ Total carbohydrates: 2 %

Ingredients: Boneless Meat, Binders, Spice, Condiments, Vegetable Oil, Water, Salt Permitted Additives

For details: director.nrcm@icar.gov.in



☐ Restructured Pork Snacks

Calories: 154.00 kcal/100 g

Nutritive value:

- ✓ Protein: 11 %
- ✓ Total Fat: 9 %
- ✓ Saturated Fat: 3.6 %

For details: director.nrcp@icar.gov.in



☐ Sheep Meat Sausages

Calories: 409.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 55%
- ✓ Protein: 18%
- ✓ Fat: 13%
- ✓ Fibre: 3%
- ✓ Ash: 1%

Ingredients: Meat, Vegetable Fat, Salt, Sugar, Spices, Onion & Garlic Paste, Refined Wheat Flour, STPP, Sodium Nitrite

For details: director.cswri@icar.gov.in



☐ Turkey Breast Fillets

Calories: 182.00 kcal/100 g

Nutritive value:

- ✓ Protein: 11%
- ✓ Fat: 2%
- ✓ Carbohydrate: 30%
- ✓ Fibre: 0.2%

For details: director.cari@icar.gov.in





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FERMENTED FOOD

■ Aonla Cider

Calories: 40.00 kcal/100 g

Nutritive value:

- ✓ Alcohol: 4%
- ✓ Antioxidants: 400 mg/ 100 g
- ✓ Vitamin-C: 66 mg/ 100 g

For details: director.cish@icar.gov.in



■ Aonla Fermented Drink

Calories: 13.00 kcal/100 g

Nutritive value:

- ✓ Lactic acid - 0.57 ml/ 100 g
- ✓ Vitamin C - 58.8 mg/ 100 g
- ✓ Antioxidant- 90.4 mg/ 100 g

Ingredients: Aonla, Salt, Sugar, Lactobacillus Bacteria

For details: director.cish@icar.gov.in



■ Bael Fermented Drink

Calories: 12.00 kcal/100 g

Nutritive value:

- ✓ Lactic acid - 0.57 ml/ 100 g
- ✓ Vitamin C - 1.0 mg/ 100 g
- ✓ Antioxidant- 67.6 mg/ 100 g

Ingredients: Bael, Salt, Sugar, Lactobacillus Bacteria

For details: director.cish@icar.gov.in



■ Bhapa Dahi (Doi)

Calories: 160.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 28%
- ✓ Fat: 3.5%
- ✓ Protein: 4%
- ✓ Ash: 1.2 %

Ingredients: Milk and Yeast

For details: director.ndri@icar.gov.in



■ Cashew Apple Cider

Calories: 40.50 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 1.5-2.0%
- ✓ Ascorbic acid: 150-220 mg/100 g
- ✓ Total phenol: 140-205 mg/ 100 g
- ✓ Ethanol: 3.5-6%

For details: director.dcr@icar.gov.in



■ Dietetic Misti Dahi

Calories: 104.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 16%
- ✓ Protein: 4.8%
- ✓ Dietary fiber: 5.5%
- ✓ Fat: 2%
- ✓ Minerals: 0.9%

For details: director.ndri@icar.gov.in





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■ Fermented Kodo Based Ready Mixes

Calories: 396-440 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 77-83%
- ✓ Protein: 8-10 %
- ✓ Fat: 3-11 %

Ingredients: Fermented Kodo Grains, Milk Powder, Sugar, Dry Fruits, Condiments

For details: director.ciae@icar.gov.in



■ Fermented Millet Flour

Calories: 367-369 kcal/100 g

Nutritive value:

- ✓ Protein: 8-9 %
- ✓ Fat: 3%
- ✓ Carbohydrate: 76 %

Ingredients: Pearl Millet and Sorghum

For details: director.ciae@icar.gov.in



■ Groundnut Curd

Calories: 98.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 5.0%
- ✓ Fat: 7.0 %
- ✓ Protein: 4.0 %

Ingredients: Groundnut Milk and Starter (Dairy Milk Curd)

For details: director.dgr@icar.gov.in



■ Guava Cider

Calories: 52.00 kcal/100 g

Nutritive value:

- ✓ Alcohol: 4%
- ✓ Antioxidants: 325mg/ 100 g
- ✓ Vitamin C: 33 mg/100 g

For details: director.cish@icar.gov.in



■ Jamun Fermented Drink

Calories: 12.00 kcal/100 g

Nutritive value:

- ✓ Lactic acid - 0.35 ml/100 ml
- ✓ Anti-oxidants – 13.2 mg/ 100 g
- ✓ Total anthocyanins - 3.5 mg/ 100 g

Ingredients: Jamun, salt, sugar, Lactobacillus bacteria

For details: director.cish@icar.gov.in



■ Peach Fermented Drink

Calories: 15.00 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 3.8 oB
- ✓ Lactic Acid - 0.63 g/100 g
- ✓ Anti-oxidants – 31.5 mg/ 100 g

Ingredients: Peach, Sugar, Salt, Lactobacillus Bacteria

For details: director.cish@icar.gov.in





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■ Peach Vinegar

Calories: 15.00 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 7.6 oB
- ✓ Acetic acid - 5.41 g/ 100 g
- ✓ Anti-oxidants – 96.8 mg/ 100 g

Ingredients: Peach, Sugar, Acetobacter Bacteria

For details: director.cish@icar.gov.in



■ Raw Mango Cider

Calories: 45.00 kcal/100 g

Nutritive value:

- ✓ Acid - 0.55%
- ✓ Vitamin-C - 7.3 mg/ 100 g
- ✓ Ethanol - 4 ml

Ingredients: Raw Mango, Sugar, Acid, Spices, Yeast

For details: director.cish@icar.gov.in



■ Soy Dahi

Calories: 51.84 kcal/100 g

Nutritive value:

- ✓ Protein: 3.42%
- ✓ Fat: 4.24%
- ✓ Minerals: 0.25%

Ingredients: Soy Milk, Curd Culture, Lactose, Maltodextrin

For details: director.soybean@icar.gov.in



■ Strawberry Fermented Drink

Calories: 09.00 kcal/100 g

Nutritive value:

- ✓ Lactic acid – 0.2 ml/ 100 g
- ✓ Vitamin-C - 2.1 mg/ 100 g
- ✓ Anti-oxidants – 37 mg/ 100 g
- ✓ Anthocyanins - 2.4 mg/ 100 g

Ingredients: Strawberry, Salt, Sugar, Lactobacillus sp.

For details: director.cish@icar.gov.in



■ Sugarcane-Aonla Vinegar

Calories: 24.00 kcal/100 g

Nutritive value:

- ✓ Acetic acid: 5.4 mg/100 g
- ✓ Vitamin-C: 3.3 mg/100 g

Ingredients: Sugarcane Juice, Aonla Juice

For details: director.cish@icar.gov.in



■ Barley Based Chicken Meat Sausages

Calories: 152.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 24.0%
- ✓ Protein: 5.0%
- ✓ Fat: 4.0%
- ✓ Fibre: 1.0%

Ingredients: Fermented Minced Chicken Meat Using Lactobacillus Plantarum with Malted Barley Flour

For details: director.cari@icar.gov.in





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■ Fermented Chicken Meat Sausages

Calories: 203.00 kcal/100 g

Nutritive value:

- ✓ Protein: 9.0%
- ✓ Fat: 7.0%%
- ✓ Carbohydrate: 26.0%
- ✓ Fibre: 1.0%

Ingredients: Fermented Chicken Meat
Lactobacillus Plantarum, Dextrose and
Starch

For details: director.cari@icar.gov.in



■ Salt Fermented Indian Mackerel

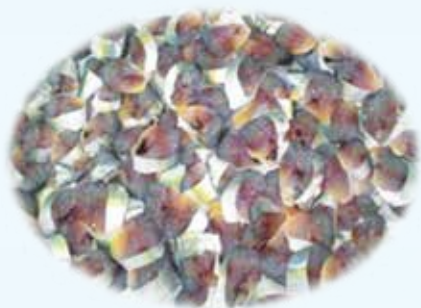
Calories: 195.00 kcal/100 g

Nutritive value:

- ✓ Moisture: 49.5 %
- ✓ Protein: 21.0 %
- ✓ Fat: 12.3 %
- ✓ Carbohydrate: 0.08 %

Ingredients: Fish and Salt

For details: director.cife@icar.gov.in



FOOD INGREDIENTS

■ Banana Fruit Vinegar

Calories: 5.76-7.50 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 1.20-1.80%
- ✓ Sugar: <1.00%
- ✓ Acidity: 3.70-4.50%

Ingredients: Banana Juice and Preservative INS 260

For details: director.nrcb@icar.gov.in



■ Banana Grits

Calories: 307.8-348.5Kcal /100 g

Nutritive value:

- ✓ Carbohydrate: 70.10-75.24%
- ✓ Protein: 4.60-7.90%
- ✓ Fat: 0.65-0.98%
- ✓ Ash: 2.48-3.86%
- ✓ Starch: 65.50-66.30%
- ✓ Dietary Fiber: 7.98-11.21%

For details: director.nrcb@icar.gov.in



■ Banana Peel Pectin

Calories: 360:00 kcal/100 g

Nutritive value:

- ✓ Equivalent weight (g/mol): 987 - 1550
- ✓ Methoxyl Content: 3.72 - 7.90%
- ✓ AUA Content: 68.50 - 75.84%
- ✓ Degree of Esterification :68.62 - 75.95%
- ✓ INS No: 440

Ingredients: Banana Peel Pectin

For details: director.nrcb@icar.gov.in





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■ Banana Starch

Calories: 337.95-363.64 kcal/100 g

Nutritive value:

- ✓ Protein: 2.02-4.90%
- ✓ Fat: 0.10-0.39%
- ✓ Ash: 0.06-0.15%
- ✓ Moisture: 4.51-6.74%
- ✓ Starch: 88.19-92.50%
- ✓ Resistant Starch: 40.74-48.37%

For details: director.nrcb@icar.gov.in



■ Beetroot Shreds and Powder

Calories: 386.61 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 79.87%
- ✓ Protein: 11.90 %
- ✓ Fat: 2.17 %

For details: director.ciphet@icar.gov.in



■ Cassava Rava

Calories: 345 Kcal/100gm

Nutritive value:

- ✓ Starch: 72.58%
- ✓ Sugar: 6.76%
- ✓ Protein: 4.82%
- ✓ Fat: 0.48%

Ingredients: Gelatinized and Milled Cassava Slices, Sugar, Cardamom and Fried Powdered Cashew Nuts

For details: director.ctcri@icar.gov.in



■ Coconut Sugar

Calories: 380.00 kcal/100 g

Nutritive value:

- ✓ Total sugar: 92 %
- ✓ Protein: 2.9 %
- ✓ Phenolics: 25mg/100 g
- ✓ Dietary Fibre: 2.5 %
- ✓ Magnesium: 30mg/100 g
- ✓ Sodium: 50mg/100g

For details: director.cperi@icar.gov.in



■ Dehydrated Shreds of Mango Ginger

Calories: 367.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 44.3%
- ✓ Crude Fat: 15.2%
- ✓ Crude Protein: 13.2%

For details: director.ciari@icar.gov.in



■ Dietary Fibre from Banana Stem

Calories: 6.55 – 13.11 kcal/100 g

Nutritive value:

- ✓ Moisture: 3.3 – 4.58 %
- ✓ Starch : 1.19 - 1.50%
- ✓ Protein: 0.21 - 0.90%
- ✓ Fat: 0.10 - 0.39%
- ✓ Ash: 0.06 - 0.15%
- ✓ Dietary Fiber: 93.21 - 94.02%

Ingredients: Dried Central Core Stem and Anti Caking Agent INS 551

For details: director.nrcb@icar.gov.in





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■ Edamame

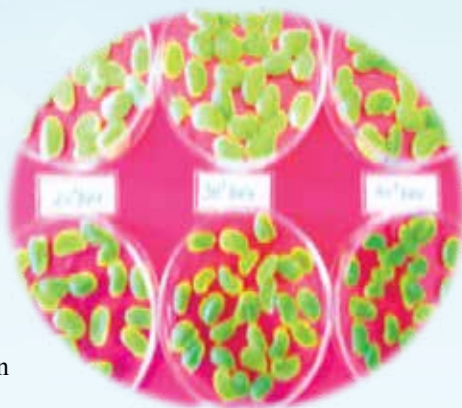
Calories: 275.61 kcal/100 g

Nutritive value:

- ✓ Palmitic acid: 15.5%
- ✓ Stearic acid: 3.91%
- ✓ Oleic acid: 45.1%
- ✓ Linoleic acid: 30.2%
- ✓ Alpha Linoleic acid: 4.16%

Ingredients: Immature Soybeans, Salt, Pepper and other Spices

For details: director.soybean@icar.gov.in



■ Grape Seed Oil

Calories: 884.00 kcal/100 g

Nutritive value:

- ✓ Saturated Fats: 20.61 %
- ✓ Unsaturated fats: 79.13 %
- ✓ Vitamin-E: 124.9 mg/100 g

For details: director.nrcg@icar.gov.in



■ Green Chilli Powder

Calories: 24.00 kcal/100 g

Nutritive value:

- ✓ Ascorbic acid: 35- 48mg/100g
- ✓ Capsaicin: 0.62-0.66 %
- ✓ Chlorophyll: 0.135-0.140 mg/ 100 g

For details: director.iivr@icar.gov.in



Groundnut Milk

Calories: 126.40 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 8.4 %
- ✓ Protein: 5.3 %
- ✓ Fats: 8.0 %

Ingredients: Roasted Groundnut, Sugar and Water

For details: director.dgr@icar.gov.in



Instant Dal Soup Powder

Calories: 365.67 kcal/100 g

Nutritive value:

- ✓ Protein: 13.62%
- ✓ Phenol: 175.5 mg GAE/100 g
- ✓ Antioxidant: 52.65 m mol TE/ 100 g

Ingredients: Powder from Pulse Milling Byproduct, Salt, Spices

For details: director.iipr@icar.gov.in



Iron-Fortified Paneer

Calories: 333.00 kcal/100 g

Nutritive value:

- ✓ Protein: 21.5%
- ✓ Fat: 26.3%
- ✓ Lactose: 2.6%
- ✓ Minerals: 1.75%

Ingredients: Milk, Acidulent, Iron Salts

For details: director.ndri@icar.gov.in





Innovative Foods@ICAR

■ Jowar Instant Pongal Mix

Calories: 393.00 kcal/100 g

Nutritive value:

- ✓ Protein: 13.99 %
- ✓ Fat: 2.7 %
- ✓ Calcium: 50.14 mg/100 g

Ingredients: Sorghum, Moong Dhal, Jowar Flakes, Jowar Flour, Cumin, Pepper, Salt, Curry Leaves and Asafoetida

For details: director.iimr@icar.gov.in



■ Kalparasa Natural Coconut Sugar

Calories: 884.00 kcal/100 g

Nutritive value:

- ✓ Total sugar: 15.18 %
- ✓ Reducing sugar: 0.554 %
- ✓ Amino acids: 0.245 %
- ✓ Protein: 0.165 %
- ✓ Phenolic: 5.10mg/ 100 g
- ✓ Antioxidant activity: 3.21 mMTE/100 g

For details: director.cpcr@icar.gov.in



■ Liquid Jaggery

Calories: 256.76 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 63.08%
- ✓ Protein: 1.11 g
- ✓ Potassium: 0.72g
- ✓ Magnesium: 0.09g
- ✓ Zinc: 0.012g

Ingredients: Sugarcane Juice and Acidity Regulator

For details: director.sbi@icar.gov.in



■ Partially Defatted Soy Flour

Calories: 275.61 kcal/100 g

Nutritive value:

- ✓ Protein: 42.86 %
- ✓ Fat: 9.13%
- ✓ Minerals: 3.5%

For details: director.soybean@icar.gov.in



■ Pomegranate Seed Oil

Calories: 00.00 Kcal/100gm

Nutritive value:

- ✓ Punicic Acid: 71.97%
- ✓ Phytosterols: 0.41–0.62%
- ✓ α -tocopherol: 161–170%
- ✓ γ -tocopherol: 80–93%

For details: director.nrcpom@icar.gov.in



■ Powder Jaggery

Calories: 373.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 90.42 %
- ✓ Protein: 0.58 %
- ✓ Calcium: 0.34 %

For details: director.sbi@icar.gov.in





Innovative Foods@ICAR

■ Processed Soy Flour

Calories: 336.10 kcal/100 g

Nutritive value:

- ✓ Protein: 37.6%
- ✓ Fat: 18.3%
- ✓ Minerals: 3.5%

For details: director.soybean@icar.gov.in



■ Protein Rich Soya Flour Mixture

Calories: 405.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 62.7%
- ✓ Protein: 18.8%
- ✓ Fat: 6.43%

For details: director.ciae@icar.gov.in



■ Sattu

Calories: 385.28 kcal/100 g

Nutritive value:

- ✓ Protein: 16.15%
- ✓ Phenol: 277.85 mg GAE/ 100 g
- ✓ Antioxidant: 80.35m mol TE/100 g

Ingredients: Powder from Pulse Milling Byproduct and Spices

For details: director.iipr@icar.gov.in



■ Sheep Milk Mozzarella Cheese

Calories: 320.00 kcal/100 g

Nutritive value:

- ✓ Protein: 27-30%
- ✓ Fat: 20-23 %
- ✓ Moisture: ≈ 45

For details: director.cswri@icar.gov.in



■ Sheep Milk Paneer

Calories: 215 kcal/100 g

Nutritive value:

- ✓ Protein: 22-26%
- ✓ Fat: 11-14 %
- ✓ Moisture: ≈ 45-47%

For details: director.cswri@icar.gov.in



■ Soya Based Sprinkles

Calories: 365.00 kcal/100 g

Nutritive value:

- ✓ Protein: 23.0g
- ✓ Fat: 16.0 g
- ✓ Iron: 12.7 mg

For details: director.ciae@icar.gov.in





Innovative Foods@ICAR

Virgin Coconut Oil

Calories: 900.00 kcal/100 g

Nutritive value:

- ✓ Total fat: 100 %
- ✓ Total phenol: 2.9 mg GAE/100 g
- ✓ Total flavonoid: 6.6 mg QE/ 100 g
- ✓ Moisture: 0.1%
- ✓ Free fatty acids: 0.1%

For details: director.cperi@icar.gov.in



FRUIT PRESERVE & PICKLES

■ Aonla Candy

Calories: 280.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 72.0 %
- ✓ Vitamin-C: 327.0 mg/100 g

For details: director.cish@icar.gov.in



■ Apricot Fruit Bar

Calories: 250.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 45.0 %
- ✓ Protein: 5.0 %

For details: director.cith@icar.gov.in



■ Banana Pickle

Calories: 130-150 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 30.74-35.16%
- ✓ Sugar: 25.59-31.28%
- ✓ Protein: 1.03-1.50%
- ✓ Fibre: 1.30-2.34%

Ingredients: Ripe Banana Pulp, Sugar, Acidity Regulator (260), Thickeners INS 415, 401

For details: director.nrcb@icar.gov.in





Innovative Foods@ICAR

■ Banana Stem Pickle

Calories: 160.75-190.64 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 13.15- 17.46%
- ✓ Protein: 1.40-3.94%
- ✓ Fat: 12.50-16.62%
- ✓ Fibre: 7.36-9.15 %

Ingredients: Banana Central Core Stem or Flower, Spices Condiments, Vegetable Oil and Common Salt, Acidity Regulator INS 260

For details: director.nrcb@icar.gov.in



■ Cabbage-Mushroom Pickle

Calories: 160.75-190.64 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 16 oB
- ✓ Lactic acid - 1.18 g/ 100 g
- ✓ Vitamin-C - 3.9 g/ 100 g
- ✓ Protein - 760 mg / 100 g
- ✓ Anti-oxidants – 77.3 mg/ 100 g

Ingredients: Banana Central Core Stem or Flower, Spices Condiments, Vegetable Oil and Common Salt, Acidity Regulator INS 260

For details: director.nrcb@icar.gov.in



■ Cane Jam

Calories: 262.00 kcal/100 g

Nutritive value:

- ✓ Sugars: 46.50 %
- ✓ Fiber: 3.5 %
- ✓ Fat: 0.005g
- ✓ Potassium: 0.74 %

Ingredients: Sugarcane Juice, Acidity Regulator, Gelling Agent, Permitted Food Colours and Flavours

For details: director.sbi@icar.gov.in



■ Cape Gooseberry Jam

Calories: 300.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 70 %
- ✓ Sugar: 10 %
- ✓ Protein: 0.5 %
- ✓ Vitamin C: 18mg/ 100 g

Ingredients: Cape Gooseberry, Sugar, Lemon

For details: director.cith@icar.gov.in



■ Capsicum Salsa

Calories: 40.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 7.0 %
- ✓ Protein: 2.0 %
- ✓ Fat: 0.3 %
- ✓ Vitamin C: 96.6 mg/100 g
- ✓ Carotene: 220 ppm

Ingredients: Capsicum and Tomato

For details: director.iari@icar.gov.in



■ Cashew Apple Jam

Calories: 51.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 69%
- ✓ Total phenol: 134%
- ✓ Fat: 0.12 %
- ✓ Ascorbic acid: 121.0 mg/100 g
- ✓ Protein: 0.17 %

Ingredients: Cashew Apple, Sugar, Citric Acid

For details: director.dcr@icar.gov.in





Innovative Foods@ICAR

■ Cashew Apple Jelly

Calories: 261.00 kcal/100 g

Nutritive value:

- ✓ Ascorbic acid: 142mg
- ✓ Total phenol: 117%
- ✓ Carbohydrates: 66%
- ✓ Ethanol: 3.5-6%
- ✓ Protein: 0.06%
- ✓ Fat: 0.08%

Ingredients: Cashew Apple, Sugar and Citric Acid

For details: director.dcr@icar.gov.in



■ Fermented Bael Candy

Calories: 300.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 78.0 %
- ✓ Vitamin-C: 33.0 mg/100 g

For details: director.cish@icar.gov.in

■ Jamun Bar

Calories: 240.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates - 60 g/ 100 g
- ✓ Acid - 3.6 g/ 100 g
- ✓ Anti-oxidants – 442 mg/ 100 g
- ✓ Anthocyanins - 47.7 mg/ 100 g

Ingredients: Jamun, Sugar

For details: director.cish@icar.gov.in



■ Jamun Probiotic Pickle

Calories: 64.00 kcal/100 g

Nutritive value:

- ✓ Lactic Acid -1.61 g/ 100 g
- ✓ Salt - 7 g/ 100 g
- ✓ Anti-oxidants – 236 mg/ 100 g

Ingredients: Jamun, Sugar, Salt, Spices, Lactobacillus Bacteria

For details: director.cish@icar.gov.in



■ Litchi Nut

Calories: 245.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 55-60 g
- ✓ Vitamin-C: 20-25 mg
- ✓ Moisture content: 18-20%

For details: director.nrcl@icar.gov.in



■ Nutmeg Pericarp Taffy

Calories: 275.00 kcal/100 g

Nutritive value:

- ✓ Fibre: 9.33 %
- ✓ Fat: 0.42 %
- ✓ Protein: 0.65 %
- ✓ Calcium: 417.75 ppm
- ✓ Vitamin-C: 9.02 mg/100g

For details: director.ccari@icar.gov.in





Innovative Foods@ICAR

■ Peach Candy

Calories: 276.00 kcal/100 g

Nutritive value:

- ✓ Total soluble solids - 69 oB
- ✓ Acid - 0.94 g/ 100 g
- ✓ Anti-oxidants – 182 mg/ 100 g

Ingredients: Peach, Sugar, Acid, Lactobacillus Bacteria

For details: director.cish@icar.gov.in



■ Rind of Andaman Kokum

Calories: 503.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 62.0%
- ✓ Crude Fat: 28.2%
- ✓ Crude Protein: 0.4%

For details: director.ciari@icar.gov.in



■ Strawberry Candy

Calories: 272.00 kcal/100 g

Nutritive value:

- ✓ Vitamin-C – 13.1 mg/ 100 g
- ✓ Anti-oxidants – 198 mg/ 100 g
- ✓ Anthocyanins - 20.4 mg/ 100 g

Ingredients: Strawberry, Sugar, Acid, Lactobacillus Bacteria

For details: director.cish@icar.gov.in



Chicken Meat Pickle

Calories: 281.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 26%
- ✓ Protein: 15%
- ✓ Fat: 13%
- ✓ Ash: 1%

Ingredients: Chicken Meat chunks, Salt

For details: director.cari@icar.gov.in



Chicken Meat Pickle

Fish Pickle

Calories: 364.44 kcal/100 g

Nutritive value:

- ✓ Protein: 20.52%
- ✓ Fat: 29.84%
- ✓ Carbohydrate: 0.62%

Ingredients: Fish, Ginger, Garlic, Green chilly, Spices, Salt, Acetic acid, Oil

For details: director.cift@icar.gov.in



Goat Meat Pickle

Calories: 310.00 kcal/100 g

Nutritive value:

- ✓ Fat: 18%
- ✓ Protein: 14%
- ✓ Omega 3 FA: 0.17%

Ingredients: Meat, Common salt, Condiment, Spice mix, Refined edible Oil, Acetic acid, Citric Acid

For details: director.cirg@icar.gov.in





Innovative Foods@ICAR

Low-Salt Chevron Pickle

Calories: 320.00 kcal/100 g

Nutritive value:

- ✓ Protein: 36%
- ✓ Fat: 17%
- ✓ Minerals: 4-6%

Ingredients: Meat, Table Salt, Salt Replacer, Condiments, Dry Spice

For details: director.cirg@icar.gov.in



Meat Pickle

Calories: 180.00 kcal/100 g

Nutritive value:

- ✓ Fat: 20-26%
- ✓ Protein: 8-10%
- ✓ Carbohydrates: 1-2%

Ingredients: Meat chunks, Mustard oil, Condiments, Salt, Vinegar, Citric acid, Spices

For details: director.ivri@icar.gov.in



Mutton Pickle

Calories: 215.00 kcal/100 g

Nutritive value:

- ✓ Fat: 11-13 %
- ✓ Protein: 26-28%
- ✓ Moisture: 50-54 %

Ingredients: Meat, Mustard oil, Turmeric, Salt, Spices, Onion & Garlic Paste, Vinegar, Citric acid

For details: director.cswri@icar.gov.in



HEALTH FOOD

■ Aonla Herbal Tablet

Calories: 198.00 kcal/100 g

Nutritive value:

- ✓ Dietary fibre: 17.8 %
- ✓ Vitamin-C: 82 mg

Ingredients: Aonla, Herbs and Sugar

For details: director.cish@icar.gov.in



■ Aonla Prash

Calories: 198 Kcal/100gm

Nutritive value:

- ✓ Dietary Fibre: 17.8 g
- ✓ Vitamin C: 82m g

For details: director.cish@icar.gov.in



■ Arjuna Herbal Ghee

Calories: 898.00 kcal/100 g

Nutritive value:

- ✓ Fat 99.8%
- ✓ Moisture 0.1%

For details: director.ndri@icar.gov.in





Innovative Foods@ICAR

■ **Curcumin Enriched Ghee**

Calories: 898.00 kcal/100 g

Nutritive value:

- ✓ Fat: 99.8%
- ✓ Moisture: 0.1%

For details: director.ndri@icar.gov.in



■ **Fat Free Flavoured Makhana**

Calories: 386.49 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 85.61 %
- ✓ Protein: 10.54 %
- ✓ Fat: 0.21 %
- ✓ Dietary Fibre: 2.83 %

Ingredients: Makhana, Common Salt, Rock Salt, Aniseed, Cumin, Cardamom, Cinnamon, Ginger, Chat masala, Mango Powder, Citric Acid, Glucose, Maltose, Black Pepper/ Red Chilli Oleoresin

For details: director.ciphet@icar.gov.in



■ **Fibre and Lignan Rich Hull Powder**

Calories: 380.00 kcal/100 g

Nutritive value:

- ✓ Dietary Fibre: 35-40%
- ✓ Lignan: 0.8-0.9%
- ✓ Protein: 15-20%

Ingredients: Defatted Hull Fraction of Flaxseed Containing Lignan (200-250 Micron), and Preservatives

For details: director.iior@icar.gov.in



■ Flaxseed Oil

Calories: 900.00 kcal/100 g

Nutritive value:

- ✓ Omega-3 FA: 52-57 %
- ✓ Vitamin E: 1%

For details: director.iior@icar.gov.in



■ Flaxseed Oil Emulsion

Calories: 300-600 kcal/100 g

Nutritive value:

- ✓ Fat: 30-60%
- ✓ Omega-3 FA: 15-30%

Ingredients: Flaxseed Oil, Emulsifier, FOS, Preservatives and Flavor, Vitamin Pre-Mix

For details: director.iior@icar.gov.in



■ Flaxseed Oil Soft-Gel

Calories: 900.00 kcal/100 g

Nutritive value:

- ✓ Fat: 99.99%
- ✓ Omega-3 FA: 52-55%
- ✓ Vitamin E: 0.1%

For details: director.iior@icar.gov.in





Innovative Foods@ICAR

■ Low Cholesterol Ghee

Calories: 898.00 kcal/100 g

Nutritive value:

- ✓ Fat 99.8%
- ✓ Moisture 0.1%

For details: director.ndri@icar.gov.in



■ Marine Algae for Boosting Immunity



Calories: 223.08 kcal/100 g

Nutritive value:

- ✓ Fat: 0.52 g
- ✓ Crude fibre: 54.76 g
- ✓ Carbohydrate : 38.6 g

For details: director.cmfri@icar.gov.in

■ Microencapsulated Anthocyanin Capsule

Calories: 486.06 kcal/100 g

Nutritive value:

- ✓ Protein: 0.36 g
- ✓ Fat: 0.50 g
- ✓ Carbohydrate: 91.08 g
- ✓ Total Sugar: 30.88 g
- ✓ Anthocyanin: 10.00 g (Approx.)

Ingredients: Manjari Medika Grape

For details: director.nrcg@icar.gov.in



■ **Nutraceutical Based on Green Mussel**

Calories: 322.14 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 12.8 %
- ✓ Fat: 8.4 %
- ✓ Protein: 38.6 %

For details: director.cmfri@icar.gov.in



■ **Omega-3 and Lignan Rich Flaxseed Powder**

Calories: 480.00 kcal/100 g

Nutritive value:

- ✓ Protein: 18%
- ✓ Omega-3 FA: 13-15%
- ✓ Lignan: 0.6-0.8%

Ingredients: Hull Fraction of Flaxseed, Preservatives

For details: director.iior@icar.gov.in



■ **Omega-3 Bread**

Calories: 320.00 kcal/100 g

Nutritive value:

- ✓ Protein: 8 to 10 %
- ✓ Dietary fibre: 9-14 %
- ✓ Omega-3 FA: 0.075-0.250 %

Ingredients: Refined Flour, Vegetable Oil, Sugar, Salt, Instant Yeast, Flaxseed Flour Pre-Mix, Flaxseed Oil

For details: director.iior@icar.gov.in





Innovative Foods@ICAR

■ Omega-3 Energy Bar

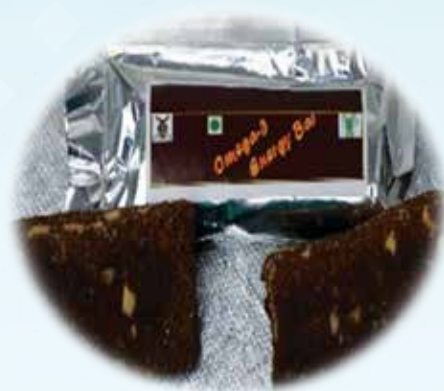
Calories: 425.00 kcal/100 g

Nutritive value:

- ✓ Protein: 12.18 %
- ✓ Omega-3 FA: 2-3%
- ✓ Dietary Fibre: 15-20%

Ingredients: Oats, Cashew, Almonds, Pumpkin, Poppy Seeds, Chocolate (Milk and Dark), Honey, FOS, Emulsion, Roasted Flaxseed, Linseed Oil

For details: director.iior@icar.gov.in



■ Probiotic Fermented Mango Whey Drink

Calories: 95 Kcal/100gm

Nutritive value:

- ✓ Sugar: 12%
- ✓ Lactose: 4%
- ✓ Protein: 2.3%
- ✓ Fat: 0.2%

Ingredients: Mango Pulp, Whey, Inulin, Whey Protein Concentrate, Lactobacillus, Sugar

For details: director.ndri@icar.gov.in



■ Probiotic Pomegranate Juice

Calories: 71.50 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 16.0 %
- ✓ Total Phenol: 260.0 mg/100 g
- ✓ Anthocyanin: 24.25 mg/100 g

Ingredients: Pomegranate Juice, L. Casei, GOS, Sodium Alginate, and Calcium chloride

For details: director.nrcpom@icar.gov.in



■ Probiotic Soy Cheese Spread

Calories: 322.14 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 19.8%
- ✓ Protein: 17.60%
- ✓ Fat: 25.32%

Ingredients: Soymilk, Lactic Acid-Forming Starter Culture, Edible oil, Sugar, Okara powder

For details: director.ciae@icar.gov.in



■ Probiotic Whey Drink

Calories: 74.00 kcal/100 g

Nutritive value:

- ✓ Sugar: 12%
- ✓ Lactose: 4.4%
- ✓ Protein: 2.6%
- ✓ Fat < 0.2%

Ingredients: Whey, L. Acidophilus, Sugar, Vanilla Flavour

For details: director.ndri@icar.gov.in



■ Pulse Fortified Flour

Calories: 377.27 kcal/100 g

Nutritive value:

- ✓ Protein: 17.16%
- ✓ Phenol: 528.75 mg GAE/100 g
- ✓ Antioxidant: 100.39 m mol TE/100 g

Ingredients: Whole Wheat Flour, Powder Component of Pulse Milling Byproduct

For details: director.iipr@icar.gov.in





Innovative Foods@ICAR

■ Roasted and Salted Flaxseed

Calories: 580.00 kcal/100 g

Nutritive value:

- ✓ Fat: 35-39%
- ✓ Carbohydrate: 25-30%
- ✓ Dietary Fibre: 25-28%
- ✓ Protein: 16-20%

Ingredients: Flaxseed and Salt

For details: director.iior@icar.gov.in



■ Soy Fortified Nutritious Healthy Noodles

Calories: 395.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate 68%
- ✓ Protein: 17%
- ✓ Minerals: 4.7%

Ingredients: Soybean, Refined Wheat Flour/Whole Wheat Flour

For details: director.ciae@icar.gov.in



■ Strawberry Whey Drink (Probiotic)

Calories: 89.00 kcal/100 g

Nutritive value:

- ✓ Fat: 0.2%
- ✓ Protein: 2.2%
- ✓ Lactose: 4%
- ✓ Sugar: 12%

Ingredients: Strawberry Pulp, Whey, Inulin Lactobacillus, Sugar, WPC

For details: director.ndri@icar.gov.in



■ Tofu

Calories: 147.29 kcal/100 g

Nutritive value:

- ✓ Protein: 9.25%
- ✓ Fat: 3.81%
- ✓ Minerals: 1.5%

Ingredients: Soybean, Calcium and Magnesium salts

For details: director.soybean@icar.gov.in



■ Chevron Goat Nuggets with Healthy Fat

Calories: 210.00 kcal/100 g

Nutritive value:

- ✓ Protein: 36%
- ✓ Fat: 17%
- ✓ Minerals: 4-6%

Ingredients: Meat, Common salt, Sucrose, Refined edible oil, Fat, Condiments, Spice mix, STPP, Nitrite

For details: director.cirg@icar.gov.in



■ Chromium Enriched Chicken Eggs

Calories: 143.00 kcal/100 g

Nutritive value:

- ✓ Chromium (whole egg): 119 ppb
- ✓ Chromium(yolk) : 58 ppb
- ✓ Chromium(albumen): 129 ppb

Ingredients: Chicken Eggs Developed Through Dietary Manipulation

For details: director.nianp@icar.gov.in





■ Functional Chicken Meat Bites

Calories: 165.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 23%
- ✓ Protein: 9%
- ✓ Fat: 4%
- ✓ Fibre: 0.5%

Ingredients: Low Valued Spent Hen Meat, Moringa Leaf Powder, Oregano, Basil, Makhana and A-Tocopherol Acetate

For details: director.cari@icar.gov.in



■ Functional Chicken Nuggets

Calories: 210-230 kcal/100 g

Nutritive value:

- ✓ Protein: 17-20%
- ✓ Fat: 8-10%
- ✓ Carbohydrate: 4.5-6%
- ✓ Sugar: 0.35%

Ingredients: Minced Meat, Ice, Refined Vegetable Oil, Fruit Pulp, Refined Wheat Flour, Salt, Spices, Sugar, STPP and Sod. Nitrite

For details: director.ivri@icar.gov.in



■ Functional Chicken Seekh Kebabs

Calories: 200.00 kcal/100 g

Nutritive value:

- ✓ Protein: 13%
- ✓ Fat: 4%
- ✓ Carbohydrate: 28%
- ✓ Fibre: 0.5%

For details: director.cari@icar.gov.in



■ Herbal Goat Meat Nuggets

Calories: 190.00 kcal/100 g

Nutritive value:

- ✓ Protein: 15%
- ✓ Fat: 12% (SFA-7%, MUFA3%, PUFA-2%)
- ✓ Omega 3FA 0.12%

Ingredients: Meat, Common salt, STPP, Nitrite, Sucrose, Ice, Refined edible oil, Condiments, Herbs, All-purpose flour, Dry spice mix

For details: director.cirg@icar.gov.in



■ Iron Enriched Fish Protein Powder

Calories: 363.70 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 44.9%
- ✓ Protein: 20.83 %
- ✓ Fat: 11.20 %

Ingredients: Fish, Salt, Milk powder, Corn starch, Onion, Pepper, Iron sodium EDTA

For details: director.cift@icar.gov.in



■ Low Cholesterol and Triglyceride Chicken Eggs

Calories: 150.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10.5 %
- ✓ Cholesterol: 300 mg

Ingredients: Eggs produced through Dietary Manipulation

For details: director.nianp@icar.gov.in





■ Omega-3 Enriched Fatty Acid Chicken Meat

Calories: 285.00 kcal/100 g

Nutritive value:

- ✓ Saturated Fatty acid (FA): 5
- ✓ Monounsaturated fatty acid: 5
- ✓ Polyunsaturated fatty acid: 12
- ✓ Omega-6 Fatty acid (n-6 FA): 8
- ✓ Omega-3 Fatty acid (n-3 FA): 4
- ✓ n-6: n-3 FA: 2:1

Ingredients: N-3 Poly Unsaturated Fatty Acid (PUFA) enriched chicken meat developed through dietary manipulation

For details: director.nianp@icar.gov.in



■ Seaweed Dietary Fibre Enriched Sausage

Calories: 102.00 kcal/100 g

Nutritive value:

- ✓ Protein: 12.0%
- ✓ Carbohydrate: 6.0 %
- ✓ Dietary fibre: 2.0 %

Ingredients: Fish Mince, Seaweed

For details: director.cift@icar.gov.in



■ Vegetable Incorporated Meat Products

Calories: 210-230 kcal/100 g

Nutritive value:

- ✓ Protein 13-15%
- ✓ Fat 12-14%
- ✓ Dietary Fibre: approx. 1%
- ✓ Carbohydrate: 6-7%
- ✓ Sugar: 0.3%

Ingredients: Minced Meat, Refined Vegetable Oil, Ice, Seasonal Vegetables (Radish, Capsicum, Carrot etc.), Refined Wheat Flour, Salt, Spices, Sugar, STPP and Sodium Nitrite

For details: director.ivri@icar.gov.in



SWEET/CONFECTIONARY

■ Arka Jackolate

Calories: 484.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 53 %
- ✓ Protein: 6.15g;
- ✓ Fat: 17.5 %
- ✓ Ash: 1.72 %
- ✓ Antioxidants: 50.48 mg/100 g

Ingredients: Jackfruit Seed and Pulp Powder Fortified Chocolate Wrap

For details: director.iihr@icar.gov.in



■ Coconut Frozen Delicacy

Calories: 180.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 16.8g
- ✓ Protein: 3.5 %
- ✓ Fat: 11 %
- ✓ Saturated Fat: 9.5 %
- ✓ Poly Unsaturated Fat: 0.2%

Ingredients: Coconut Milk, Tender Coconut Pulp, Tender Coconut Water, Coconut Sugar, Minerals, and Healthy Fatty Acids

For details: director.cpcr@icar.gov.in



■ Cow Milk Based Sandesh

Calories: 387.00 kcal/100 g

Nutritive value:

- ✓ Total Sugar: 34 %
- ✓ Protein: 20 %
- ✓ Fat: 19 %
- ✓ Calcium: 1332 ppm

For details: director.ndri@icar.gov.in





Groundnut Chocolate

Calories: 153.70 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 46.3 g
- ✓ Protein: 15.0 g
- ✓ Fats: 23.2 g

Ingredients: Roasted and Salted Groundnut, Chocolate Powder

For details: director.dgr@icar.gov.in



Groundnut Halwa

Calories: 671.70 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 48.9 g
- ✓ Fats: 41.3 g
- ✓ Protein: 26.2 g

Ingredients: Groundnut Milk Residue with Milk Powder, Sugar and Ghee

For details: director.dgr@icar.gov.in



Groundnut Shakarpare

Calories: 496.40 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 64.7 %
- ✓ Fats: 20.4 %
- ✓ Protein: 13.5 %

Ingredients: Roasted Groundnut and Sugar Syrup

For details: director.dgr@icar.gov.in



■ Halwa

Calories: 352.89 kcal/100 g

Nutritive value:

- ✓ Protein: 9.21%
- ✓ Phenol: 208.94 mg GAE/100 g

Ingredients: Powder from Pulse Milling Byproduct, Sugar/Jaggery/Sweetener, Vegetable Oil, Dry Fruits

For details: director.iipr@icar.gov.in



■ Kalpa Chocolate

Calories: 560.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 56 %
- ✓ Fat: 34.5 %
- ✓ Protein: 6.5 %

Ingredients: Coconut Kernel Slices

For details: director.cpcr@icar.gov.in



■ Mango Soy Shrikhand

Calories: 315.00 kcal/100 g

Nutritive value:

- ✓ Protein: 6.05%
- ✓ Fat: 4.45%
- ✓ Calcium: 641 ppm
- ✓ Iron: 27.5 ppm
- ✓ Magnesium: 400 ppm

Ingredients: Soybean, Alphonso Mangoes, Curd Culture, Lactose, Citric Acid, Refined Sugar

For details: director.soybean@icar.gov.in





Innovative Foods@ICAR

■ Multi Millet Laddo

Calories: 456.00 kcal/100 g

Nutritive value:

- ✓ Fat: 16.65 %
- ✓ Protein: 5.41 %
- ✓ Iron: 4.71 mg/100 g

Ingredients: Sorghum, Pearl Millet, Finger Millet, Foxtail Millet, Jaggery, Ghee and Dry Fruits

For details: director.iimr@icar.gov.in



■ Multi Nutrient Ladoo

Calories: 536.00 kcal/100 g

Nutritive value:

- ✓ Protein: 25 %
- ✓ Minerals: 3.5 %
- ✓ Iron: 10.4 mg/100 g

Ingredients: Cereals, Sprouted Legumes, Malted Millet, Dairy Ingredient, Fruits Oil and Jaggery

For details: director.ciae@icar.gov.in



■ Mushroom Millet Nutribar

Calories: 355.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 76.12 %
- ✓ Protein: 17.75 %
- ✓ Fat: 9.27 %
- ✓ Dietary Fibre: 25.48%
- ✓ Vitamin D: 11.41IU
- ✓ Calcium: 182.5 mg/100 g
- ✓ Iron: 2.89 mg/100 g

Ingredients: Oyster Mushroom Powder, Sorghum Flakes, Finger Millet Puffs, Finger Millet Flakes, Dry Fruits, Flaxseed, Oats, Honey, Dates and Chia Seeds

For details: director.mushroom@icar.gov.in



■ Nutri-Bar

Calories: 441.00 kcal/100 g

Nutritive value:

- ✓ Protein: 10%
- ✓ Fat: 0%
- ✓ Iron: 5.4 mg/100 g
- ✓ Minerals: 2.4 %

Ingredients: Rice Puffs, Green Gram, Soybean, Ragi, Peanuts, Raisins and Jaggery

For details: director.ciae@icar.gov.in



■ Pearl Millet Chocolates

Calories: 89.89 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 65.29 %
- ✓ Fat: 16.97 %
- ✓ Protein: 8.58 %
- ✓ Fibre 2.56 %
- ✓ Calcium: 60.40 mg/100 g
- ✓ Phosphorus: 190.00 mg/100 g
- ✓ Iron: 2.7 mg/100 g

Ingredients: Pearl Millets Flakes, Coco Powder, Fat, Sugar, Groundnut, Vanilla Essence, Milk Powder.

For details: director.cazri@icar.gov.in



■ Reduced Calorie Peda

Calories: 203.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 45%
- ✓ Protein: 15%
- ✓ Fat: 10%
- ✓ Ash: 2.5%

Ingredients: Khoa, Artificial Sweeteners, Bulking Agent

For details: director.ndri@icar.gov.in





Innovative Foods@ICAR

■ Sani- Jaggery Based Crushed Sesame

Calories: 453.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrate: 40.3%
- ✓ Fat: 26.87 %
- ✓ Protein content: 17.17 %
- ✓ Fibre: 3.0%

Ingredients: Black Raw Sesame, Jaggery, Cashew and Almond

For details: director.iior@icar.gov.in



■ Soy Laddo

Calories: 278.52 kcal/100 g

Nutritive value:

- ✓ Protein: 28.5%
- ✓ Fat: 18.3%
- ✓ Minerals: 4.2%

Ingredients: Okara, Soy Flour, Sugar, Ghee, Almonds, Raisins, Cashew, Cardamom

For details: director.soybean@icar.gov.in



■ Strawberry Chocolate

Calories: 518.00 kcal/100 g

Nutritive value:

- ✓ Protein: 4.80 %
- ✓ Fat: 30.10 %
- ✓ Carbohydrates: 56.11 %

Ingredients: Cocoa Butter, Cocoa Powder, Strawberry Fruit Pulp, Coconut, Sugar, Milk Powder, Invert Sugar, Flavouring Substances

For details: director.ciphet@icar.gov.in



Sweet Potato-Nutri Bars

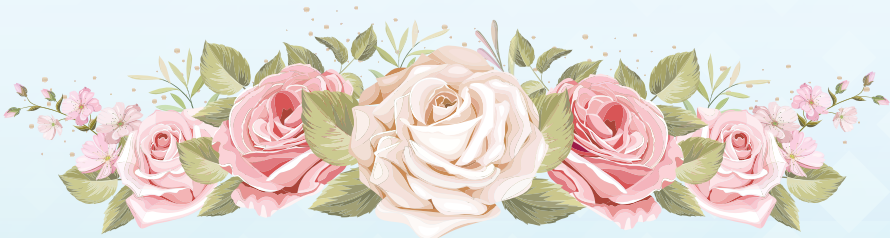
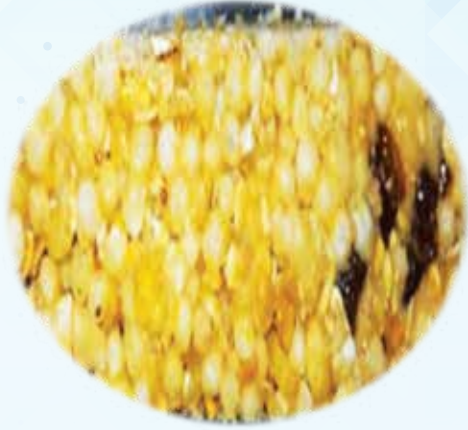
Calories: 495.00 kcal/100 g

Nutritive value:

- ✓ Carbohydrates: 51.80%
- ✓ Protein: 6.40%
- ✓ Iron: 4.52 mg/100g
- ✓ Calcium: 30 mg/100g
- ✓ Magnesium: 6.06mg /100g

Ingredients: Sweet Potato, Sweeteners (Honey and Jaggery), Oats, Puffed Rice, Bengal Gram, Dhal and Nuts or Sweet Potato Flour

For details: director.ctcri@icar.gov.in





Annexure-I

Principal Investigators of following ITMUs contributed in providing the base data for this book

S No.	Name of ICAR-ITMUs	S No.	Name of ICAR-ITMUs
1.	ICAR-CARI, Izatnagar	21.	ICAR-IIHR, Bangalore
2.	ICAR-CAZRI, Jodhpur	22.	ICAR-IIMR, Hyderabad
3.	ICAR-CCRI, Nagpur	23.	ICAR-IIOR, Hyderabad
4.	ICAR-CIAE, Bhopal	24.	ICAR-IIPR, Kanpur
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10.	ICAR-CIRG, Makhdoom	30.	ICAR-NINFET, Kolkata
11.	ICAR-CISH, Lucknow	31.	ICAR-NRC on Banana, Trichy
12.	ICAR-CITH, Srinagar	32.	ICAR-NRC on Grape, Pune
13.	ICAR-CMFRI, Cochin	33.	ICAR-NRC on Litchi, Mujjafarpur
14.	ICAR-CPCRI, Kasaragod	34.	ICAR-NRC on Meat, Hyderabad
15.	ICAR-CSWRI, Avikanagar	35.	ICAR-NRC on Pig, Guwahati
16.	ICAR-CTCRI, Trivandrum	36.	ICAR-NRC on Pomegranate, Solapur
17.	ICAR-DCR, Pedavegi	37.	ICAR-NRC on Seed Spices, Ajmer
18.	ICAR-DGR, Junagarh	38.	ICAR-SBI, Coimbatore
19.	ICAR-DMR, Solan		
20.	ICAR-IARI, New Delhi		



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