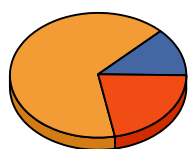


## كريب رول - العالم الكريب

Recipe grams: 530.10g/18.7oz

Serves 1 530.10g/18.7oz per serving



Protein: 12%  
Carbohydrates: 66%  
Fat: 22%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
80 gram BANANA, RAW  
15 gram Spread, Hazelnut, Nutella Ferrero  
10 gram ALMOND MILK, CHOCOLATE, RTD  
10 gram Chocolate, Swerseys Chocolates

General Manager:  
Dr. IBRAHIM ALARIFI

## Nutrition Facts

1 serving per container

Serving size 1 serving (530g)

Amount per serving

**Calories 1820**

% Daily Value\*

**Total Fat** 44g 57%

Saturated Fat 14g 71%

Trans Fat 0g

**Cholesterol** 270mg 91%

**Sodium** 1730mg 75%

**Total Carbohydrate** 302g 110%

Dietary Fiber 7g 25%

Total Sugars 36g

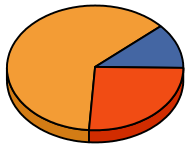
**Protein** 56g

Vit. D 1mcg 6% • Calcium 507mg 40%

Iron 2mg 10% • Potas. 380mg 8%

## كريب اللوتس - عالم الكريب

Recipe grams: 462.57g/16.3oz  
Serves 1 462.57g/16.3oz per serving



Protein: 12%  
Carbohydrates: 62%  
Fat: 26%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
40 gram Speculoos, Lotus  
5 gram SUGAR, POWDERED

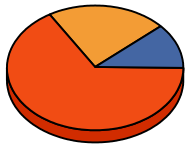
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (463g)</b>
Amount per serving	
<b>Calories</b>	<b>1920</b>
% Daily Value*	
<b>Total Fat</b> 55g	<b>71%</b>
Saturated Fat 15g	<b>77%</b>
Trans Fat 0g	
<b>Cholesterol</b> 270mg	<b>91%</b>
<b>Sodium</b> 1740mg	<b>76%</b>
<b>Total Carbohydrate</b> 301g	<b>110%</b>
Dietary Fiber 5g	<b>16%</b>
Total Sugars 39g	
<b>Protein</b> 55g	
Vit. D 1mcg 6%	• Calcium 470mg 35%
Iron 1mg 6%	• Potas. 86mg 2%

## توفي حار - عالم الكريب

Recipe grams: 35.00g/1.2oz

Serves 1 35.00g/1.2oz per serving



Protein: 12%  
Carbohydrates: 22%  
Fat: 66%

### INGREDIENTS

180 ml Full Fat Milk, Nadec  
35 gram Coffee Toffee

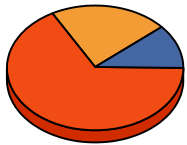
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (35g)</b>
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 10g	
<b>Protein</b> 8g	
Vit. D 0mcg 0%	• Calcium 166mg 15%
Iron 0.88mg 4%	• Potas. 0mg 0%

## توفي حار كبير - عالم الكريب

Recipe grams: 50.00g/1.8oz

Serves 1 50.00g/1.8oz per serving



Protein: 11%  
Carbohydrates: 22%  
Fat: 67%

### INGREDIENTS

240 ml Full Fat Milk, Nadec  
50 gram Coffee Toffee

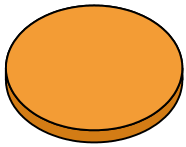
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (50g)</b>
Amount per serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
<b>Total Fat</b> 28g	<b>36%</b>
Saturated Fat 13g	<b>64%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 14g	
<b>Protein</b> 11g	
Vit. D 0mcg 0%	• Calcium 222mg 15%
Iron 1mg 6%	• Potas. 0mg 0%

## اسبريسو - عالم الكريب

Recipe grams: 7.00g/0.2oz

Serves 1 7.00g/0.2oz per serving



Protein: 0%  
 Carbohydrates: 100%  
 Fat: 0%

### INGREDIENTS

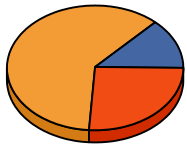
7 gram Instant Espresso Powder

General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (7g)</b>
Amount per serving	
<b>Calories</b>	<b>10</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## كريب الجبن - عالم الكريب

Recipe grams: 486.57g/17.2oz  
Serves 1 486.57g/17.2oz per serving



Protein: 13%  
Carbohydrates: 61%  
Fat: 26%

### INGREDIENTS

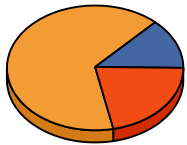
0.31 servings خلطة الكريب - عالم الكريب  
15 gram MOZZARELLA CHEESE  
20 gram Double Cream  
15 gram TOMATO, RED, RIPE, RAW  
15 gram Cucumber  
4 stick Mint Bliss

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (487g)</b>
Amount per serving	
<b>Calories</b>	<b>1810</b>
% Daily Value*	
<b>Total Fat</b> 53g	<b>68%</b>
Saturated Fat 20g	<b>102%</b>
Trans Fat 0g	
<b>Cholesterol</b> 285mg	<b>94%</b>
<b>Sodium</b> 1770mg	<b>77%</b>
<b>Total Carbohydrate</b> 280g	<b>102%</b>
Dietary Fiber 5g	<b>16%</b>
Total Sugars 21g	
<b>Protein</b> 59g	
Vit. D 1mcg 6%	• Calcium 585mg 45%
Iron 1mg 6%	• Potas. 122mg 2%

## كريب الزعتر - عالم الكريب

Recipe grams: 502.57g/17.7oz  
Serves 1 502.57g/17.7oz per serving



Protein: 13%  
Carbohydrates: 65%  
Fat: 22%

### INGREDIENTS

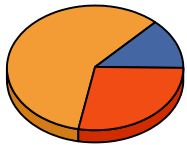
0.31 servings خلطة الكريب - عالم الكريب  
30 gram Olive Oil  
25 gram Ground Thyme  
15 gram TOMATO, RED, RIPE, RAW  
15 gram CUCUMBER, sliced

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (503g)</b>
Amount per serving	
<b>Calories</b>	<b>1670</b>
% Daily Value*	
<b>Total Fat</b> 40g	<b>52%</b>
Saturated Fat 13g	<b>63%</b>
Trans Fat 0g	
<b>Cholesterol</b> 270mg	<b>91%</b>
<b>Sodium</b> 1650mg	<b>72%</b>
<b>Total Carbohydrate</b> 275g	<b>100%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 20g	
<b>Protein</b> 54g	
Vit. D 1mcg 6%	• Calcium 495mg 40%
Iron 37mg 210%	• Potas. 122mg 2%

## كريب الفستق - عالم الكريب

Recipe grams: 467.57g/16.5oz  
Serves 1 467.57g/16.5oz per serving



**Protein:** 13%  
**Carbohydrates:** 59%  
**Fat:** 28%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
10 gram Chocolate, Swiss  
40 gram Pistachio Butter, Raw, The Pistachio Factory

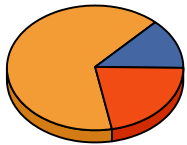
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (468g)</b>
Amount per serving	
<b>Calories</b>	<b>1920</b>
% Daily Value*	
<b>Total Fat</b> 60g	<b>76%</b>
Saturated Fat 17g	<b>83%</b>
Trans Fat 0g	
<b>Cholesterol</b> 270mg	<b>91%</b>
<b>Sodium</b> 1650mg	<b>72%</b>
<b>Total Carbohydrate</b> 289g	<b>105%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 27g	
<b>Protein</b> 62g	
Vit. D 1mcg 6%	• Calcium 525mg 40%
Iron 3mg 15%	• Potas. 86mg 2%



## خلطة الكريب - عالم الكريب

Recipe grams: 1347.00g/47.5oz  
Serves 1 1347.00g/47.5oz per serving



Protein: 13%  
Carbohydrates: 65%  
Fat: 22%

### INGREDIENTS

1000 gram Flour white  
200 gram EGG, CHICKEN, RAW  
12 gram SALT, TABLE  
1500 ml Full Fat Milk, Nadec  
15 gram Vanilla  
60 gram SUGAR, GRANULATED  
60 gram Butter

## Nutrition Facts

1 serving per container  
Serving size 1 serving (1347g)

Amount per serving

**Calories 5380**

% Daily Value\*

<b>Total Fat</b>	130g	<b>166%</b>
Saturated Fat	40g	<b>202%</b>
Trans Fat	1.0g	
<b>Cholesterol</b>	878mg	<b>293%</b>
<b>Sodium</b>	5330mg	<b>232%</b>
<b>Total Carbohydrate</b>	883g	<b>321%</b>
Dietary Fiber	14g	<b>50%</b>
Total Sugars	64g	
<b>Protein</b>	175g	

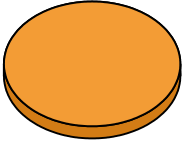
Vit. D 4mcg 20% • Calcium 1517mg 120%  
Iron 4mg 20% • Potas. 278mg 6%

General Manager:  
Dr. IBRAHIM ALARIFI

## قهوة امريكانا - عالم الكريب

Recipe grams: 14.00g/0.5oz

Serves 1 14.00g/0.5oz per serving



Protein: 0%  
Carbohydrates: 100%  
Fat: 0%

### INGREDIENTS

14 gram Espresso Powder  
180 ml Water

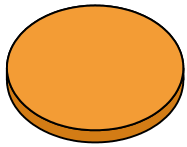
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (14g)</b>
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## قهوة امريكانا - عالم الكريب

Recipe grams: 14.00g/0.5oz

Serves 1 14.00g/0.5oz per serving



Protein: 0%  
Carbohydrates: 100%  
Fat: 0%

### INGREDIENTS

14 gram Espresso Powder  
160 ml Drinking Water

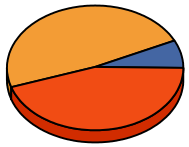
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (14g)</b>
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## ستيكس وافل بالشوكولاتة - عالم الكريب

Recipe grams: 130.00g/4.6oz

Serves 1 130.00g/4.6oz per serving



Protein: 7%  
Carbohydrates: 48%  
Fat: 45%

### INGREDIENTS

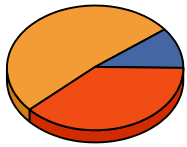
110 gram Waffle Sticks  
20 gram Chocolate

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (130g)</b>
Amount per serving	
<b>Calories</b>	<b>430</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 48g	<b>18%</b>
Dietary Fiber 5g	<b>19%</b>
Total Sugars 26g	
<b>Protein</b> 6g	
Vit. D 0mcg 0%	• Calcium 102mg 8%
Iron 3mg 15%	• Potas. 0mg 0%

## وافل بالقرفة - عالم الكريب

Recipe grams: 674.81g/23.8oz  
Serves 1 674.81g/23.8oz per serving



Protein: 11%  
Carbohydrates: 51%  
Fat: 38%

### INGREDIENTS

0.33 servings الوافل خلطة - الكريب عالم  
15 gram butter, Almarai  
10 gram SUGAR, BROWN  
10 gram CINNAMON, GROUND  
30 gram Whipping Topping  
30 gram Chocolate

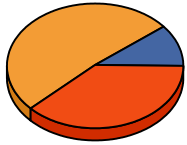
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (675g)</b>
Amount per serving	
<b>Calories</b>	<b>2640</b>
% Daily Value*	
<b>Total Fat</b> 110g	<b>141 %</b>
Saturated Fat 58g	<b>291 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 673mg	<b>224 %</b>
<b>Sodium</b> 3920mg	<b>170 %</b>
<b>Total Carbohydrate</b> 337g	<b>123 %</b>
Dietary Fiber 10g	<b>36 %</b>
Total Sugars 61g	
<b>Protein</b> 69g	
Vit. D 3mcg 15%	• Calcium 708mg 50%
Iron 3mg 20%	• Potas. 239mg 6%

## وافل بالموز - عالم الكريب

Recipe grams: 441.26g/15.6oz

Serves 1 441.26g/15.6oz per serving



Protein: 11%  
Carbohydrates: 51%  
Fat: 38%

### INGREDIENTS

0.18 servings الوافل خلطة - الكريب عالم  
35 gram Whipped Topping  
80 gram BANANA PEPPER, RAW  
10 gram Chocolate, Lindt

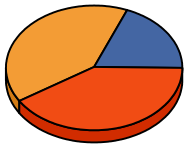
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (441g)</b>
Amount per serving	
<b>Calories</b>	<b>1440</b>
% Daily Value*	
<b>Total Fat</b> 60g	<b>76%</b>
Saturated Fat 29g	<b>146%</b>
Trans Fat 0g	
<b>Cholesterol</b> 360mg	<b>120%</b>
<b>Sodium</b> 2140mg	<b>93%</b>
<b>Total Carbohydrate</b> 186g	<b>67%</b>
Dietary Fiber 5g	<b>19%</b>
Total Sugars 31g	
<b>Protein</b> 39g	
Vit. D 1mcg 8%	• Calcium 335mg 25%
Iron 2mg 10%	• Potas. 304mg 6%

**موكا حار - عالم الكريب**

Recipe grams: 35.00g/1.2oz

Serves 1 35.00g/1.2oz per serving



**Protein:** 19%  
**Carbohydrates:** 40%  
**Fat:** 41%

**INGREDIENTS**

35 gram Mocha, Nescafe Dolce Gusto  
 180 ml Full Fat Milk, Nadec

General Manager:  
 Dr. IBRAHIM ALARIFI

**Nutrition Facts**

1 serving per container

**Serving size 1 serving (35g)**

Amount per serving

**Calories 240**

% Daily Value\*

**Total Fat** 11g **14%**Saturated Fat 3.5g **17%**

Trans Fat 0g

**Cholesterol** 15mg **6%****Sodium** 60mg **3%****Total Carbohydrate** 23g **8%**Dietary Fiber 0g **0%**

Total Sugars 12g

**Protein** 11g

Vit. D 0mcg 0%

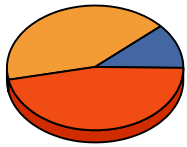
Iron 0mg 0%

• Calcium 166mg 15%

• Potas. 0mg 0%

## نيرفانا حار - عالم الكريب

Recipe grams: 35.00g/1.2oz  
Serves 1 35.00g/1.2oz per serving



**Protein:** 12%  
**Carbohydrates:** 41%  
**Fat:** 47%

### INGREDIENTS

240 ml Full Fat Milk, Nadec  
35 gram Belgian Chocolate, Nirvana

General Manager:  
Dr. IBRAHIM ALARIFI

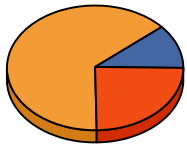
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (35g)</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 17g	<b>21%</b>
Saturated Fat 4.0g	<b>21%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 0g	<b>1%</b>
Total Sugars 22g	
<b>Protein</b> 9g	
Vit. D 0mcg 0%	• Calcium 222mg 15%
Iron 0mg 0%	• Potas. 0mg 0%



**بان كيك 15 حبة - عالم الكريب**

Recipe grams: 120.12g/4.2oz

Serves 1 120.12g/4.2oz per serving



Protein: 11%  
Carbohydrates: 64%  
Fat: 25%

**INGREDIENTS**

0.11 servings خلطة البان كيك - عالم الكريب

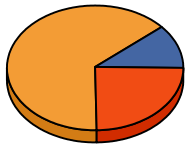
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (120g)</b>
Amount per serving	
<b>Calories</b>	<b>500</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.0g	<b>21%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 1030mg	<b>45%</b>
<b>Total Carbohydrate</b> 80g	<b>29%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 17g	
<b>Protein</b> 14g	
Vit. D 0.22mcg 2%	• Calcium 289mg 20%
Iron 3mg 15%	• Potas. 249mg 6%

**بان كيك 21 حبة - عالم الكريب**

Recipe grams: 166.97g/5.9oz

Serves 1 166.97g/5.9oz per serving



Protein: 11%  
 Carbohydrates: 64%  
 Fat: 25%

**INGREDIENTS**

0.15 servings خلطة البان كيك - عالم الكريب

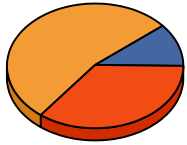
General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (167g)</b>
Amount per serving	
<b>Calories</b>	<b>690</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 6g	<b>29%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 1430mg	<b>62%</b>
<b>Total Carbohydrate</b> 111g	<b>40%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars 24g	
<b>Protein</b> 19g	
Vit. D 0.30mcg 2%	• Calcium 402mg 30%
Iron 4mg 20%	• Potas. 346mg 8%

## وافل دريم - عالم الكريب

Recipe grams: 590.28g/20.8oz

Serves 1 590.28g/20.8oz per serving



Protein: 11%  
Carbohydrates: 53%  
Fat: 36%

### INGREDIENTS

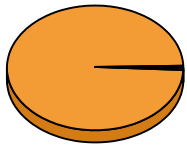
0.30 servings الوافل خلطة - الكريب عالم  
50 gram Ice Cream, Vanilla  
10 gram BAKING CHOCOLATE, WHITE  
10 gram Chocolate, Swerseys Chocolates

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (590g)</b>
Amount per serving	
<b>Calories</b>	<b>2270</b>
% Daily Value*	
<b>Total Fat</b> 89g	<b>115%</b>
Saturated Fat 44g	<b>221%</b>
Trans Fat 0g	
<b>Cholesterol</b> 586mg	<b>195%</b>
<b>Sodium</b> 3550mg	<b>154%</b>
<b>Total Carbohydrate</b> 306g	<b>111%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugars 59g	
<b>Protein</b> 63g	
Vit. D 2mcg 10%	• Calcium 592mg 45%
Iron 2mg 15%	• Potas. 164mg 4%

## ايس ريديول - عالم الكريب

Recipe grams: 31.75g/1.1oz  
Serves 1 31.75g/1.1oz per serving



**Protein:** 1%  
**Carbohydrates:** 99%  
**Fat:** 1%

### INGREDIENTS

- 1 can Red Bull, Gandolfo's New York Delicatessen
- 4 tbsp Bottled Drinking Water, Kroger
- 6 tsp STRAWBERRY, HEAVY SYRUP

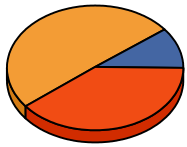
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (32g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 34g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 4mg 0%
Iron 0mg 0%	• Potas. 27mg 0%

## نوتيللا ساندويش - عالم الكريب

Recipe grams: 711.81g/25.1oz

Serves 1 711.81g/25.1oz per serving



**Protein:** 10%  
**Carbohydrates:** 50%  
**Fat:** 39%

### INGREDIENTS

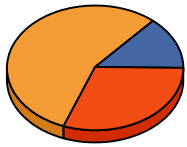
0.33 servings الوافل خلطة - الكريب عالم  
 50 gram Chocolate Spread, Nutella Ferrero  
 12 gram MIXED NUTS  
 10 gram Whipped Topping, Reddi wip  
 60 gram Ice Cream

General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (712g)</b>
Amount per serving	
<b>Calories</b>	<b>2850</b>
% Daily Value*	
<b>Total Fat</b> 124g	<b>159%</b>
Saturated Fat 59g	<b>293%</b>
Trans Fat 0g	
<b>Cholesterol</b> 647mg	<b>216%</b>
<b>Sodium</b> 4010mg	<b>174%</b>
<b>Total Carbohydrate</b> 360g	<b>131%</b>
Dietary Fiber 5g	<b>20%</b>
Total Sugars 84g	
<b>Protein</b> 74g	
Vit. D 3mcg 15%	• Calcium 637mg 50%
Iron 3mg 15%	• Potas. 183mg 4%

## هوت شوكليت - عالم الكريب

Recipe grams: 35.00g/1.2oz  
Serves 1 35.00g/1.2oz per serving



Protein: 14%  
Carbohydrates: 56%  
Fat: 31%

### INGREDIENTS

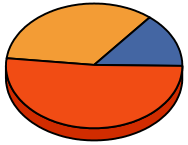
180 ml Full Fat Milk, Nadec  
35 gram Chocolate Powder

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (35g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>11 %</b>
Saturated Fat 2.5g	<b>13 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 170mg	<b>7 %</b>
<b>Total Carbohydrate</b> 35g	<b>13 %</b>
Dietary Fiber 0g	<b>0 %</b>
Total Sugars 23g	
<b>Protein</b> 9g	
Vit. D 0mcg 0%	• Calcium 260mg 20%
Iron 0.22mg 2%	• Potas. 0mg 0%

**حافا شيبس - عالم الكريب**

Recipe grams: 35.00g/1.2oz  
Serves 1 35.00g/1.2oz per serving



**Protein:** 14%  
**Carbohydrates:** 34%  
**Fat:** 52%

**INGREDIENTS**

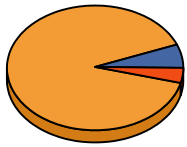
35 gram Java Blend  
240 ml Full Fat Milk, Nadec

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (35g)</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3.0g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 12g	
<b>Protein</b> 11g	
Vit. D 0mcg 0%	• Calcium 245mg 20%
Iron 1mg 8%	• Potas. 0mg 0%

## برتقال طبيعي - عالم الكريب

Recipe grams: 344.00g/12.1oz  
Serves 1 344.00g/12.1oz per serving



Protein: 6%  
Carbohydrates: 90%  
Fat: 4%

### INGREDIENTS

4 fruit-yield ORANGE JUICE, RAW, 6.7 cm dia  
4 tbsp Bottled Drinking Water, Kroger

General Manager:  
Dr. IBRAHIM ALARIFI

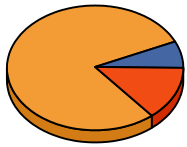
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (344g)</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 29g	
<b>Protein</b> 2g	
Vit. D 0mcg 0%	• Calcium 38mg 2%
Iron 0.69mg 4%	• Potas. 688mg 15%



## قهوة عربي - عالم الكريب

Recipe grams: 1065.27g/37.6oz

Serves 1 1065.27g/37.6oz per serving



Protein: 7%  
Carbohydrates: 79%  
Fat: 14%

### INGREDIENTS

10 gram CARDAMOM, GROUND (CARDAMON)  
4 gram CLOVES, GROUND  
1 liter WATER, BOTTLED  
50 gram Green Coffee Powder, Navitas Naturals

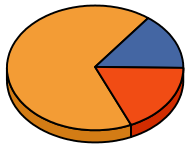
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size 1 serving (1065g)</b>	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 1.0g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 34g	<b>122%</b>
Total Sugars 0g	
<b>Protein</b> 1g	
Vit. D 0mcg 0%	• Calcium 664mg 50%
Iron 2mg 10%	• Potas. 153mg 4%

## ستيكس فراولة - عالم الكريب

Recipe grams: 80.00g/2.8oz

Serves 1 80.00g/2.8oz per serving



Protein: 15%  
Carbohydrates: 67%  
Fat: 18%

### INGREDIENTS

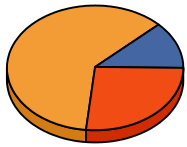
60 gram Strawberry Marshmallow  
20 gram Chocolate

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (80g)</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 61g	<b>22%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 41g	
<b>Protein</b> 13g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## كريب فراولة - عالم الكريب

Recipe grams: 527.57g/18.6oz  
Serves 1 527.57g/18.6oz per serving



Protein: 12%  
Carbohydrates: 61%  
Fat: 27%

### INGREDIENTS

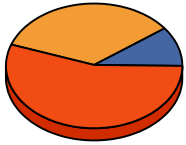
0.31 servings خلطة الكريب - عالم الكريب  
80 gram STRAWBERRY, RAW, sliced  
30 gram Chocolate, Lindt

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (528g)</b>
Amount per serving	
<b>Calories</b>	<b>1870</b>
% Daily Value*	
<b>Total Fat</b> 55g	<b>71%</b>
Saturated Fat 23g	<b>113%</b>
Trans Fat 0g	
<b>Cholesterol</b> 270mg	<b>91%</b>
<b>Sodium</b> 1680mg	<b>73%</b>
<b>Total Carbohydrate</b> 292g	<b>106%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 36g	
<b>Protein</b> 57g	
Vit. D 1mcg 6%	• Calcium 533mg 40%
Iron 1mg 8%	• Potas. 209mg 4%

## توفي فريڊو - عالم الكريب

Recipe grams: 40.00g/1.4oz  
Serves 1 40.00g/1.4oz per serving



**Protein:** 10%  
**Carbohydrates:** 34%  
**Fat:** 55%

### INGREDIENTS

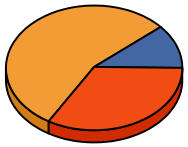
35 gram Toffee bar  
7 tbsp Bottled Drinking Water, Kroger  
120 ml Full Fat Milk, Nadec  
5 gram Whipping Cream

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (40g)</b>
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 6g	<b>29%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 8g	
<b>Protein</b> 5g	
Vit. D 0mcg 0%	• Calcium 151mg 10%
Iron 0mg 0%	• Potas. 0mg 0%

## موکا فریدو - عالم الکریم

Recipe grams: 40.00g/1.4oz  
Serves 1 40.00g/1.4oz per serving



Protein: 11%  
Carbohydrates: 55%  
Fat: 34%

### INGREDIENTS

120 ml Full Fat Milk, Nadec  
35 gram Mocha, Nescafe  
7 tbsp Water  
5 gram Whipping Cream

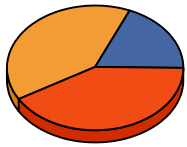
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (40g)</b>
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 4.0g	<b>21%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
<b>Protein</b> 7g	
Vit. D 0mcg 0%	• Calcium 111mg 8%
Iron 0mg 0%	• Potas. 0mg 0%

**كابتشينو - عالم الكريب**

Recipe grams: 7.00g/0.2oz

Serves 1 7.00g/0.2oz per serving



Protein: 19%  
 Carbohydrates: 40%  
 Fat: 42%

**INGREDIENTS**

180 ml Full Fat Milk, Nadec  
 7 gram Coffee, Splenda

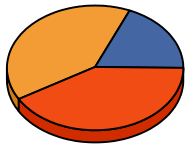
General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (7g)</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 6g	
Vit. D 0mcg 0%	• Calcium 166mg 15%
Iron 0mg 0%	• Potas. 0mg 0%

**عالم الكريب - كابتشينو (Copy)**

Recipe grams: 7.00g/0.2oz

Serves 1 7.00g/0.2oz per serving



Protein: 19%  
 Carbohydrates: 40%  
 Fat: 42%

**INGREDIENTS**

180 ml Full Fat Milk, Nadec  
 7 gram Coffee, Splenda

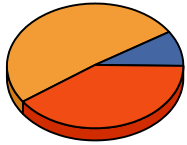
General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (7g)</b>
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 6g	
Vit. D 0mcg 0%	• Calcium 166mg 15%
Iron 0mg 0%	• Potas. 0mg 0%

## ايس فرينش كافيه - عالم الكريب

Recipe grams: 168.20g/5.9oz

Serves 1 168.20g/5.9oz per serving



Protein: 9%  
Carbohydrates: 50%  
Fat: 40%

### INGREDIENTS

9 tbsp WATER, BOTTLED  
35 gram LATTE CREATIONS, VANILLA  
6 tsp Classic Hazelnut Syrup  
120 ml Full Fat Milk, Nadec

General Manager:  
Dr. IBRAHIM ALARIFI

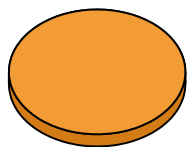
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (168g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>31%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
<b>Protein</b> 5g	
Vit. D 0mcg 0%	• Calcium 124mg 10%
Iron 0mg 0%	• Potas. 0mg 0%



## اسبريسو كبير - عالم الكريب

Recipe grams: 14.00g/0.5oz

Serves 1 14.00g/0.5oz per serving



Protein: 0%  
Carbohydrates: 100%  
Fat: 0%

### INGREDIENTS

14 gram Instant Espresso Powder

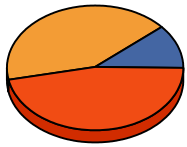
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (14g)</b>
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## نيرفانا حار كبير - عالم الكريب

Recipe grams: 50.00g/1.8oz

Serves 1 50.00g/1.8oz per serving



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

### INGREDIENTS

320 ml Full Fat Milk, Nadec  
50 gram Belgian Chocolate, Nirvana

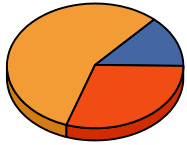
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (50g)</b>
Amount per serving	
<b>Calories</b>	<b>450</b>
% Daily Value*	
<b>Total Fat</b> 23g	<b>30%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 31g	
<b>Protein</b> 13g	
Vit. D 0mcg 0%	• Calcium 295mg 25%
Iron 0mg 0%	• Potas. 0mg 0%

## هوت شوكليت كبير - عالم الكريب

Recipe grams: 50.00g/1.8oz

Serves 1 50.00g/1.8oz per serving



Protein: 13%  
Carbohydrates: 56%  
Fat: 30%

### INGREDIENTS

50 gram Chocolate Powder  
240 ml Full Fat Milk, Nadec

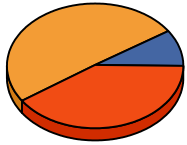
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (50g)</b>
Amount per serving	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 32g	
<b>Protein</b> 12g	
Vit. D 0mcg 0%	• Calcium 355mg 25%
Iron 0.32mg 2%	• Potas. 0mg 0%

## ايس فرينش كافيه كبير - عالم الكريب

Recipe grams: 212.80g/7.5oz

Serves 1 212.80g/7.5oz per serving



Protein: 9%  
Carbohydrates: 50%  
Fat: 40%

### INGREDIENTS

11 tbsp WATER, BOTTLED  
50 gram LATTE CREATIONS, VANILLA  
9 tsp Classic Hazelnut Syrup  
180 ml Full Fat Milk, Nadec

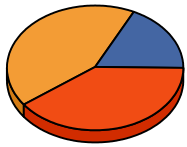
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (213g)</b>
Amount per serving	
<b>Calories</b>	<b>330</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>20%</b>
Saturated Fat 9g	<b>44%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 23g	
<b>Protein</b> 8g	
Vit. D 0mcg 0%	• Calcium 182mg 15%
Iron 0mg 0%	• Potas. 0mg 0%

## كافي لاتييه كبير - عالم الكريب

Recipe grams: 14.00g/0.5oz

Serves 1 14.00g/0.5oz per serving



Protein: 18%  
Carbohydrates: 42%  
Fat: 40%

### INGREDIENTS

14 gram Coffee

260 ml Full Fat Milk, Nadec

General Manager:

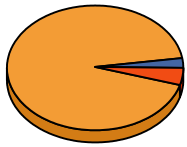
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (14g)</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 8g	
Vit. D 0mcg 0%	• Calcium 240mg 20%
Iron 0mg 0%	• Potas. 0mg 0%

## كوفي ميكاتو كبير - عالم الكريب

Recipe grams: 24.00g/0.8oz

Serves 1 24.00g/0.8oz per serving



Protein: 3%  
Carbohydrates: 93%  
Fat: 4%

### INGREDIENTS

14 gram Instant Espresso Powder

10 gram Fresh Milk, Almarai

General Manager:

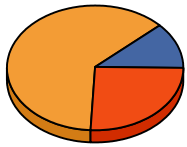
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (24g)</b>
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars < 1g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## فوتوشيني كريب - عالم الكريب

Recipe grams: 463.45g/16.3oz

Serves 1 463.45g/16.3oz per serving



Protein: 12%  
Carbohydrates: 62%  
Fat: 26%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
15 gram CHOCOLATE, WHITE  
15 gram Dark Chocolate  
15 gram Milk Chocolate Coins

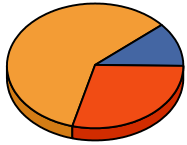
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (463g)</b>
Amount per serving	
<b>Calories</b>	<b>1910</b>
% Daily Value*	
<b>Total Fat</b> 55g	<b>70%</b>
Saturated Fat 20g	<b>102%</b>
Trans Fat 0g	
<b>Cholesterol</b> 275mg	<b>92%</b>
<b>Sodium</b> 1670mg	<b>73%</b>
<b>Total Carbohydrate</b> 301g	<b>109%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 44g	
<b>Protein</b> 57g	
Vit. D 1mcg 6%	• Calcium 506mg 40%
Iron 2mg 10%	• Potas. 86mg 2%

## كريب رول كندر - عالم الكريب

Recipe grams: 514.57g/18.2oz

Serves 1 514.57g/18.2oz per serving



Protein: 11%  
Carbohydrates: 59%  
Fat: 29%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
30 gram Chocolate Spread, Nutella Ferrero  
43 gram Bueno, Kinder  
14 gram STRAWBERRY, RAW  
10 gram Chocolate

General Manager:  
Dr. IBRAHIM ALARIFI

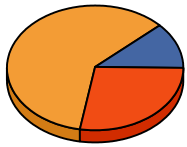
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (515g)</b>
Amount per serving	
<b>Calories</b>	<b>2130</b>
% Daily Value*	
<b>Total Fat</b> 69g	<b>88%</b>
Saturated Fat 25g	<b>126%</b>
Trans Fat 0g	
<b>Cholesterol</b> 275mg	<b>91%</b>
<b>Sodium</b> 1720mg	<b>75%</b>
<b>Total Carbohydrate</b> 319g	<b>116%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 61g	
<b>Protein</b> 60g	
Vit. D 1mcg 6%	• Calcium 488mg 40%
Iron 1mg 8%	• Potas. 108mg 2%



## كريب كندر - عالم الكريب

Recipe grams: 507.57g/17.9oz

Serves 1 507.57g/17.9oz per serving



Protein: 12%  
Carbohydrates: 61%  
Fat: 28%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
43 gram Chocolate, Kinder  
12 gram STRAWBERRY, RAW  
10 gram MILK, CHOCOLATE  
25 gram Chocolate , Nutella

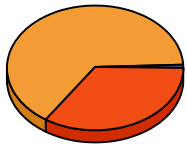
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (508g)</b>
Amount per serving	
<b>Calories</b>	<b>2060</b>
% Daily Value*	
<b>Total Fat</b> 62g	<b>80%</b>
Saturated Fat 26g	<b>128%</b>
Trans Fat 0g	
<b>Cholesterol</b> 285mg	<b>94%</b>
<b>Sodium</b> 1720mg	<b>75%</b>
<b>Total Carbohydrate</b> 312g	<b>114%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 58g	
<b>Protein</b> 60g	
Vit. D 1mcg 6%	• Calcium 614mg 45%
Iron 2mg 10%	• Potas. 112mg 2%

## كوفي كومبانا - عالم الكريب

Recipe grams: 12.00g/0.4oz

Serves 1 12.00g/0.4oz per serving



Protein: 1%  
Carbohydrates: 65%  
Fat: 35%

### INGREDIENTS

7 gram Instant Espresso Powder

5 gram Whipping Cream

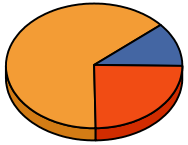
General Manager:

Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (12g)</b>
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1.0g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 0g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 0mg 0%

## خلطة البان كيك - عالم الكريب

Recipe grams: 1102.00g/38.9oz  
Serves 1 1102.00g/38.9oz per serving



Protein: 11%  
Carbohydrates: 64%  
Fat: 25%

### INGREDIENTS

907 gram PANCAKE MIX, BUTTERMILK  
1000 ml Full Fat Milk, Naderc  
35 gram SUGAR, POWDERED  
10 gram Vanilla, Cocoa Amore  
50 gram Butter  
100 gram EGG, CHICKEN, RAW

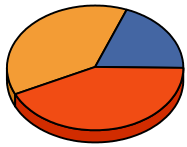
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size 1 serving (1102g)</b>	
Amount per serving	
<b>Calories</b>	<b>4580</b>
% Daily Value*	
<b>Total Fat</b> 122g	<b>157%</b>
Saturated Fat 38g	<b>188%</b>
Trans Fat 0g	
<b>Cholesterol</b> 644mg	<b>215%</b>
<b>Sodium</b> 9430mg	<b>410%</b>
<b>Total Carbohydrate</b> 733g	<b>266%</b>
Dietary Fiber 17g	<b>60%</b>
Total Sugars 155g	
<b>Protein</b> 127g	
Vit. D 2mcg 10% • Calcium 2651mg 200%	
Iron 26mg 140% • Potas. 2283mg 50%	

## كافي لاتييه - عالم الكريب

Recipe grams: 7.00g/0.2oz

Serves 1 7.00g/0.2oz per serving



**Protein:** 19%  
**Carbohydrates:** 38%  
**Fat:** 43%

### INGREDIENTS

7 gram Coffee  
 240 ml Full Fat Milk, Nadec

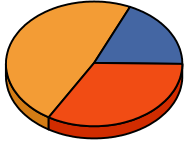
General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (7g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 7g	
Vit. D 0mcg 0%	• Calcium 222mg 15%
Iron 0mg 0%	• Potas. 0mg 0%

## ستيکس مارشميلو - عالم الڪريب

Recipe grams: 60.00g/2.1oz

Serves 1 60.00g/2.1oz per serving



**Protein:** 18%  
**Carbohydrates:** 48%  
**Fat:** 34%

### INGREDIENTS

40 gram Marshmallow  
 20 gram Chocolate

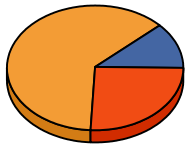
General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (60g)</b>
Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>16%</b>
Saturated Fat 3.0g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 40g	<b>14%</b>
Dietary Fiber < 1g	<b>3%</b>
Total Sugars 32g	
<b>Protein</b> 15g	
Vit. D 0mcg 0%	• Calcium 32mg 2%
Iron 0.58mg 4%	• Potas. 0mg 0%

## كريب موز - عالم الكريب

Recipe grams: 527.57g/18.6oz

Serves 1 527.57g/18.6oz per serving



Protein: 12%  
Carbohydrates: 62%  
Fat: 26%

### INGREDIENTS

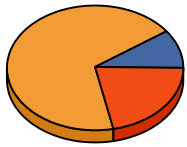
0.31 servings خلطة الكريب - عالم الكريب  
80 gram BANANA, RAW, 9" or longer  
30 gram Chocolate, Lindt

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (528g)</b>
Amount per serving	
<b>Calories</b>	<b>1910</b>
% Daily Value*	
<b>Total Fat</b> 55g	<b>71%</b>
Saturated Fat 23g	<b>113%</b>
Trans Fat 0g	
<b>Cholesterol</b> 270mg	<b>91%</b>
<b>Sodium</b> 1680mg	<b>73%</b>
<b>Total Carbohydrate</b> 304g	<b>111%</b>
Dietary Fiber 6g	<b>23%</b>
Total Sugars 42g	
<b>Protein</b> 58g	
Vit. D 1mcg 6%	• Calcium 524mg 40%
Iron 1mg 8%	• Potas. 373mg 8%

## ايس موکا - عالم الكريب

Recipe grams: 29.00g/1.0oz  
Serves 1 29.00g/1.0oz per serving



**Protein:** 10%  
**Carbohydrates:** 68%  
**Fat:** 22%

### INGREDIENTS

14 gram Instant Espresso Powder  
120 ml Full Fat Milk, Nadec  
9 tbsp Bottled Drinking Water, Kroger  
15 gram Chocolate Sauce

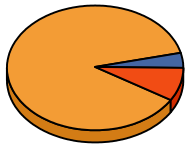
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (29g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 4.0g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber < 1g	<b>3%</b>
Total Sugars 9g	
<b>Protein</b> 4g	
Vit. D 0mcg 0%	• Calcium 111mg 8%
Iron 0.54mg 4%	• Potas. 0mg 0%

## ايس فرينش موکا - عالم الكريب

Recipe grams: 0.00g/0.0oz

Serves 1 0.00g/0.0oz per serving



Protein: 4%  
Carbohydrates: 88%  
Fat: 8%

### INGREDIENTS

120 ml Full Fat Milk, Nadec  
9 tbsp Bottled Drinking Water, Kroger  
6 tbsp Classic Hazelnut Syrup, DaVinci  
35 gram Vanilla - Latte, Mocha, Grande Iced Latte, or Grande Iced

General Manager:  
Dr. IBRAHIM ALARIFI

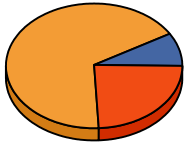
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (0g)</b>
Amount per serving	
<b>Calories</b>	<b>390</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 86g	<b>31%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 54g	
<b>Protein</b> 4g	
Vit. D 0mcg 0%	• Calcium 111mg 8%
Iron 0mg 0%	• Potas. 0mg 0%



## كراميل ميكاتو - عالم الكريب

Recipe grams: 47.00g/1.7oz

Serves 1 47.00g/1.7oz per serving



Protein: 9%  
Carbohydrates: 67%  
Fat: 24%

### INGREDIENTS

7 gram Instant Espresso Powder  
180 ml Full Fat Milk, Nadec  
40 gram CAMEL SAUCE

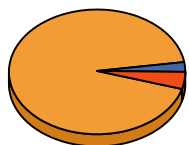
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (47g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
<b>Protein</b> 6g	
Vit. D 0mcg 0%	• Calcium 166mg 15%
Iron 0mg 0%	• Potas. 0mg 0%

## كوفي ميكاتو - عالم الكريب

Recipe grams: 12.00g/0.4oz

Serves 1 12.00g/0.4oz per serving



Protein: 3%  
Carbohydrates: 93%  
Fat: 4%

### INGREDIENTS

7 gram Instant Espresso Powder

5 gram Fresh Milk, Almarai

General Manager:

Dr. IBRAHIM ALARIFI

## Nutrition Facts

1 serving per container

**Serving size 1 serving (12g)**

Amount per serving

**Calories 15**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **1%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 0g **0%**

Total Sugars 0g

**Protein** 0g

Vit. D 0mcg 0%

Iron 0mg 0%

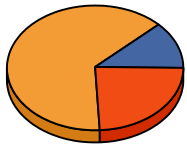
• Calcium 0mg 0%

• Potas. 0mg 0%

## كريب نوتيللا - عالم الكريب

Recipe grams: 462.57g/16.3oz

Serves 1 462.57g/16.3oz per serving



Protein: 12%  
Carbohydrates: 64%  
Fat: 24%

### INGREDIENTS

0.31 servings خلطة الكريب - عالم الكريب  
40 gram Ferrero , Nutella  
5 gram SUGAR, POWDERED

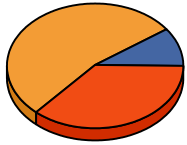
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (463g)</b>
Amount per serving	
<b>Calories</b>	<b>1900</b>
% Daily Value*	
<b>Total Fat</b> 50g	<b>64%</b>
Saturated Fat 16g	<b>82%</b>
Trans Fat 0g	
<b>Cholesterol</b> 275mg	<b>91%</b>
<b>Sodium</b> 1740mg	<b>76%</b>
<b>Total Carbohydrate</b> 304g	<b>111%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 42g	
<b>Protein</b> 57g	
Vit. D 1mcg 6%	• Calcium 501mg 40%
Iron 2mg 10%	• Potas. 86mg 2%

**اوريو وافل - عالم الكريب**

Recipe grams: 413.76g/14.6oz

Serves 1 413.76g/14.6oz per serving



**Protein:** 10%  
**Carbohydrates:** 53%  
**Fat:** 37%

**INGREDIENTS**

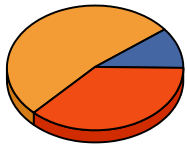
0.18 servings الوافل خلطة - الكريب عالم  
 35 gram Whipped Topping  
 10 gram Chocolate  
 1.5 package OREO COOKIE, MINI

General Manager:  
 Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (414g)</b>
Amount per serving	
<b>Calories</b>	<b>1620</b>
% Daily Value*	
<b>Total Fat</b> 65g	<b>83%</b>
Saturated Fat 28g	<b>140%</b>
Trans Fat 0g	
<b>Cholesterol</b> 360mg	<b>120%</b>
<b>Sodium</b> 2420mg	<b>105%</b>
<b>Total Carbohydrate</b> 217g	<b>79%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 47g	
<b>Protein</b> 40g	
Vit. D 1mcg 8%	• Calcium 325mg 25%
Iron 4mg 25%	• Potas. 100mg 2%

## بالغراولة وافل - عالم الكريب

Recipe grams: 431.26g/15.2oz  
Serves 1 431.26g/15.2oz per serving



Protein: 11%  
Carbohydrates: 52%  
Fat: 37%

### INGREDIENTS

0.18 servings الوافل خلطة - الكريب عالم  
70 gram STRAWBERRIES, WHOLE, FROZEN  
35 gram Whipped Topping, Reddi wip  
10 gram Chocolate, Lindt

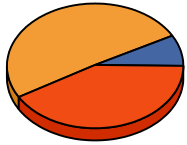
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (431g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>1420</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 59g	<b>76%</b>
Saturated Fat 32g	<b>161%</b>
Trans Fat 0g	
<b>Cholesterol</b> 340mg	<b>114%</b>
<b>Sodium</b> 2150mg	<b>94%</b>
<b>Total Carbohydrate</b> 190g	<b>69%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 33g	
<b>Protein</b> 38g	
Vit. D 1mcg 8%	• Calcium 334mg 25%
Iron 1mg 8%	• Potas. 100mg 2%

## ستيكس وافل - عالم الكريب

Recipe grams: 110.00g/3.9oz

Serves 1 110.00g/3.9oz per serving



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

### INGREDIENTS

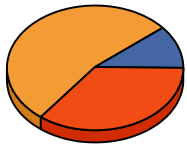
110 gram Waffle Sticks

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (110g)</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3.5g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
<b>Protein</b> 5g	
Vit. D 0mcg 0%	• Calcium 67mg 6%
Iron 2mg 15%	• Potas. 0mg 0%

## مارشيملو وافل - عالم الكريب

Recipe grams: 336.76g/11.9oz  
Serves 1 336.76g/11.9oz per serving



**Protein:** 11%  
**Carbohydrates:** 53%  
**Fat:** 36%

### INGREDIENTS

0.18 servings الوافل خلطة - الكريب عالم  
10 gram Chocolate, Lindt Lindor  
10 gram Marshmallow  
0.50 gram Sprinkles

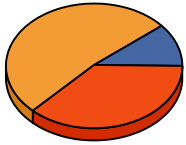
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (337g)</b>
Amount per serving	
<b>Calories</b>	<b>1350</b>
% Daily Value*	
<b>Total Fat</b> 53g	<b>68%</b>
Saturated Fat 27g	<b>133%</b>
Trans Fat 0g	
<b>Cholesterol</b> 345mg	<b>114%</b>
<b>Sodium</b> 2140mg	<b>93%</b>
<b>Total Carbohydrate</b> 182g	<b>66%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 31g	
<b>Protein</b> 37g	
Vit. D 1mcg 8%	• Calcium 332mg 25%
Iron 2mg 8%	• Potas. 100mg 2%

**مكس وافل - عالم الكريب**

Recipe grams: 637.39g/22.5oz

Serves 1 637.39g/22.5oz per serving



Protein: 11%  
 Carbohydrates: 52%  
 Fat: 37%

**INGREDIENTS**

0.33 servings الوافل خلطة - الكريب عالم  
 15 gram Chocolate Spread, Nutella Ferrero  
 15 gram Speculoos, Lotus  
 15 gram PISTACHIO NUT, DRY ROASTED, NO SALT  
 15 gram Chocolate, Swerseys Chocolates

General Manager:  
 Dr. IBRAHIM ALARIFI

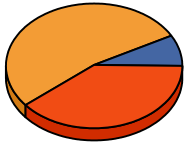
Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (637g)</b>
Amount per serving	
<b>Calories</b>	<b>2610</b>
% Daily Value*	
<b>Total Fat</b> 107g	<b>138%</b>
Saturated Fat 47g	<b>233%</b>
Trans Fat 0g	
<b>Cholesterol</b> 625mg	<b>208%</b>
<b>Sodium</b> 3930mg	<b>171%</b>
<b>Total Carbohydrate</b> 341g	<b>124%</b>
Dietary Fiber 7g	<b>23%</b>
Total Sugars 63g	
<b>Protein</b> 72g	
Vit. D 3mcg 15%	• Calcium 592mg 45%
Iron 3mg 20%	• Potas. 333mg 8%



## ايس اوريو- عالم الكريب

Recipe grams: 70.00g/2.5oz

Serves 1 70.00g/2.5oz per serving



Protein: 8%  
Carbohydrates: 53%  
Fat: 39%

### INGREDIENTS

35 gram Oreo  
35 gram The Original, Oreo, Oreo  
120 ml Full Fat Milk, Nadec  
9 tbsp Bottled Drinking Water

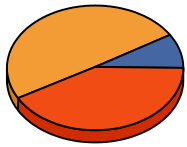
General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (70g)</b>
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 0g	<b>1%</b>
Total Sugars 22g	
<b>Protein</b> 6g	
Vit. D 0mcg 0%	• Calcium 135mg 10%
Iron 2mg 15%	• Potas. 0mg 0%

## ايس اوريو كبير- عالم الكريب

Recipe grams: 50.00g/1.8oz

Serves 1 50.00g/1.8oz per serving



Protein: 9%  
Carbohydrates: 49%  
Fat: 42%

### INGREDIENTS

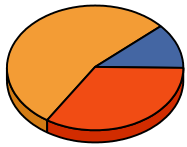
180 ml Bottled Drinking Water  
50 gram The Original, Oreo, Oreo  
180 ml Full Fat Milk, Nadec

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 serving (50g)</b>
Amount per serving	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.5g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 20g	
<b>Protein</b> 8g	
Vit. D 0mcg 0%	• Calcium 166mg 15%
Iron 2mg 15%	• Potas. 0mg 0%

## الوافل خلطة - الكريب عالم

Recipe grams: 1757.00g/62.0oz  
Serves 1 1757.00g/62.0oz per serving



**Protein:** 12%  
**Carbohydrates:** 54%  
**Fat:** 34%

### INGREDIENTS

1000 gram Flour white  
400 gram EGG, CHICKEN, RAW  
21 gram SALT, TABLE  
1600 ml Full Fat Milk, Nadec  
56 gram Baking Powder  
120 gram Powdered Sugar  
160 gram butter, Almarai

General Manager:  
Dr. IBRAHIM ALARIFI

Nutrition Facts	
1 serving per container	
<b>Serving size 1 serving (1757g)</b>	
Amount per serving	
<b>Calories</b>	<b>6950</b>
% Daily Value*	
<b>Total Fat</b> 262g	<b>336%</b>
Saturated Fat 124g	<b>620%</b>
Trans Fat 1.0g	
<b>Cholesterol</b> 1896mg	<b>632%</b>
<b>Sodium</b> 11790mg	<b>512%</b>
<b>Total Carbohydrate</b> 945g	<b>344%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 121g	
<b>Protein</b> 203g	
Vit. D 8mcg 40%	Calcium 1706mg 130%
Iron 7mg 40%	Potas. 554mg 10%