Printable calorie chart · 1,053 foods per 100 g, as a PDF

Per 100 g. P, F, C: protein, fat and carbohydrates in grams. Last column: a usual portion and its calories.

Vegetables and mushrooms

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Artichokes	**47**	3.3	0.1	5.1	1 piece · 120 g **56**
Arugula	**25**	2.6	0.7	2	40 g **10**
Asparagus raw	**20**	2.2	0.1	1.8	100 g **20**
Baked sweet potato	**90**	2	0.1	17.4	1 piece · 150 g **135**
Bamboo shoots	**19**	1.7	0.4	1.8	50 g **10**
Basil	**23**	3.1	0.6	1.1	5 g **1**
Bean sprouts	**30**	3	0.2	4.1	50 g **15**
Beets (beetroot) raw	**43**	1.6	0.2	6.8	1 piece · 200 g **86**
Belgian endive	**17**	0.9	0.1	0.9	1 piece · 60 g **10**
Bell peppers	**27**	1	0.3	3.9	1 piece · 150 g **41**
Black truffle	**73**	8.3	0.5	0.6	5 g **4**
Bok choy	**13**	1.5	0.2	1.2	100 g **13**
Broccoli raw	**34**	2.8	0.4	4.4	150 g **51**
Broccoli rabe	**22**	3.2	0.5	0.1	100 g **22**
Brussels sprouts raw	**43**	3.4	0.3	5.2	120 g **52**
Butternut squash	**45**	1	0.1	9.7	150 g **68**
Cabbage white, raw	**25**	1.3	0.1	3.3	100 g **25**
Capers	**23**	2.4	0.9	1.7	1 tsp · 5 g **1**
Carrots raw	**41**	0.9	0.2	6.8	1 piece · 80 g **33**
Cassava	**160**	1.4	0.3	36.3	150 g **240**
Cauliflower raw	**25**	1.9	0.3	3	150 g **38**
Celery	**14**	0.7	0.2	1.4	1 piece · 40 g **6**
Celery root raw	**42**	1.5	0.3	7.4	100 g **42**
Chanterelles raw	**32**	1.5	0.5	3.1	100 g **32**
Cherry tomatoes	**18**	0.9	0.2	2.7	1 piece · 15 g **3**
Chili peppers	**40**	1.9	0.4	7.3	1 piece · 15 g **6**
Chives	**30**	3.3	0.7	1.9	10 g **3**
Cilantro	**23**	2.1	0.5	0.9	10 g **2**
Collard greens	**32**	3	0.6	1.4	80 g **26**
Cucumber	**15**	0.7	0.1	3.1	1 piece · 120 g **18**
Daikon	**18**	0.6	0.1	2.5	100 g **18**
Dill	**43**	3.5	1.1	4.9	10 g **4**
Edamame	**121**	11.9	5.2	3.7	100 g **121**
Eggplant (aubergine) raw	**25**	1	0.2	2.9	1 piece · 300 g **75**
Enoki mushrooms	**37**	2.7	0.3	5.1	80 g **30**
Fava beans (broad beans)	**72**	5.6	0.6	7.5	100 g **72**
Fennel	**31**	1.2	0.2	4.2	100 g **31**
French fries	**312**	3.4	15	39.2	120 g **374**
Fried potatoes	**170**	2.8	8	20.4	200 g **340**
Garlic	**149**	6.4	0.5	31	1 piece · 5 g **7**
Ginger	**80**	1.8	0.8	15.8	10 g **8**
Green beans raw	**31**	1.8	0.2	4.3	150 g **47**
Green onions	**32**	1.8	0.2	4.7	20 g **6**
Hearts of palm	**28**	2.5	0.6	2.2	80 g **22**
Honey fungus	**37**	3.2	0.7	2.9	100 g **37**
Jalapeños	**29**	0.9	0.4	3.7	1 piece · 14 g **4**
Jerusalem artichokes	**73**	2	0	15.8	100 g **73**
Jicama	**38**	0.7	0.1	3.9	100 g **38**
Kale	**35**	2.9	1.5	0.3	60 g **21**
Kimchi	**15**	1.1	0.5	0.8	100 g **15**
King oyster mushrooms	**31**	2.8	0.4	2.9	100 g **31**
Kohlrabi	**27**	1.7	0.1	2.6	100 g **27**
Konjac	**5**	0.1	0	0.1	100 g **5**
Leeks raw	**61**	1.5	0.3	12.3	50 g **31**
Lemongrass	**99**	1.8	0.5	25.3	10 g **10**
Lettuce	**15**	1.4	0.2	1.6	50 g **8**
Mashed potatoes	**106**	2	4.2	13.5	200 g **212**
Mint	**44**	3.3	0.7	1.6	5 g **2**
Mixed vegetables	**72**	3.3	0.5	9.5	150 g **108**
Morels	**31**	3.1	0.6	2.3	100 g **31**
Mushrooms button, raw	**22**	3.1	0.3	2.3	100 g **22**
Mustard greens	**27**	2.9	0.4	1.5	50 g **14**
Napa cabbage	**16**	1.2	0.2	2	100 g **16**
Nori	**35**	5.8	0.3	4.8	1 piece · 3 g **1**
Okra	**33**	1.9	0.2	4.3	100 g **33**
Olives	**116**	0.8	10.9	4.4	30 g **35**
Onions	**40**	1.1	0.1	7.6	50 g **20**
Oyster mushrooms (raw)	**33**	3.3	0.4	3.8	100 g **33**
Parsley	**36**	3	0.8	3	10 g **4**
Parsnips raw	**75**	1.2	0.3	13.1	80 g **60**
Peas raw	**81**	5.4	0.4	8.8	80 g **65**
Porcini	**32**	3.1	0.4	3	100 g **32**
Potatoes raw	**77**	2	0.1	14.9	1 piece · 150 g **116**
Pumpkin raw	**26**	1	0.1	6	200 g **52**
Radicchio	**23**	1.4	0.3	3.6	60 g **14**
Radishes	**16**	0.7	0.1	1.8	1 piece · 10 g **2**
Red cabbage	**31**	1.4	0.2	5.3	100 g **31**
Rhubarb	**21**	0.9	0.2	2.7	100 g **21**
Romanesco	**35**	2.4	0.3	5.3	150 g **53**
Rosemary	**131**	3.3	5.9	6.6	3 g **4**
Rutabaga (swede)	**37**	1.1	0.2	6.3	100 g **37**
Sauerkraut	**19**	0.9	0.1	1.4	100 g **19**
Savoy cabbage	**27**	2	0.1	3	100 g **27**
Serrano peppers	**32**	1.7	0.4	3	1 piece · 6 g **2**
Shallots	**72**	2.5	0.1	13.6	1 piece · 25 g **18**
Shiitake mushrooms	**34**	2.2	0.5	4.3	100 g **34**
Spaghetti squash	**31**	0.6	0.6	5.4	150 g **47**
Spinach raw	**23**	2.9	0.4	1.4	50 g **12**
Spring mix	**20**	2	0.4	1.9	50 g **10**
Sugar snap peas	**42**	2.8	0.2	5	80 g **34**
Sun-dried tomatoes	**213**	5.1	14.1	17.5	30 g **64**
Sweet corn	**86**	3.3	1.4	16.7	1 piece · 200 g **172**
Sweet potato	**86**	1.6	0.1	17	200 g **172**
Swiss chard	**19**	1.8	0.2	2.1	80 g **15**
Taro	**112**	1.5	0.2	22.4	100 g **112**
Thyme	**101**	5.6	1.7	10.4	3 g **3**
Tomatillos	**32**	1	1	3.9	1 piece · 35 g **11**
Tomatoes	**18**	0.9	0.2	2.7	1 piece · 120 g **22**
Turnips turnip (raw)	**28**	0.9	0.1	4.6	100 g **28**
Watercress	**11**	2.3	0.1	0.8	30 g **3**
Wild mushrooms	**22**	2.4	0.2	1.9	100 g **22**
Yams	**118**	1.5	0.2	23.8	150 g **177**
Zucchini (courgette) raw	**17**	1.2	0.3	2.1	150 g **26**

Fruit and berries

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Apple	**52**	0.3	0.2	11.4	1 piece · 180 g **94**
Applesauce	**102**	0.2	0.2	24.4	100 g **102**
Apricots	**48**	1.4	0.4	9.1	1 piece · 35 g **17**
Asian pears	**42**	0.5	0.2	7	1 piece · 200 g **84**
Avocado	**160**	2	14.7	1.8	1 piece · 140 g **224**
Banana	**89**	1.1	0.3	20.2	1 piece · 120 g **107**
Banana chips	**519**	2.3	33.6	50.7	30 g **156**
Blackberries	**43**	1.4	0.5	4.3	100 g **43**
Blackcurrants	**63**	1.4	0.4	15.4	100 g **63**
Blueberries	**57**	0.7	0.3	12.1	80 g **46**
Cherries	**63**	1.1	0.2	13.9	150 g **95**
Clementine	**47**	0.8	0.1	10.3	1 piece · 75 g **35**
Coconut	**354**	3.3	33.5	6.2	50 g **177**
Cranberries	**46**	0.5	0.1	8.4	50 g **23**
Dates	**277**	1.8	0.1	68.3	1 piece · 24 g **66**
Dragon fruit	**68**	0.7	0.2	14.4	1 piece · 300 g **204**
Dried apples	**243**	0.9	0.3	57.2	30 g **73**
Dried apricots	**241**	3.4	0.5	55.3	30 g **72**
Dried cranberries	**308**	0.2	1.1	77.5	30 g **92**
Dried figs	**249**	3.3	0.9	54.1	30 g **75**
Dried mango	**319**	2.5	1.2	76.2	30 g **96**
Dried pineapple	**347**	1.2	0.7	81.7	30 g **104**
Durian	**147**	1.5	5.3	23.3	100 g **147**
Figs	**74**	0.8	0.3	16.3	1 piece · 50 g **37**
Fried plantains fried ripe plantain (maduros)	**267**	1.5	9.2	43.7	100 g **267**
Frozen mixed berries	**50**	1.1	0.3	7.9	100 g **50**
Fruit cocktail canned fruit cocktail	**57**	0.4	0.1	13.9	120 g **68**
Gooseberries	**44**	0.9	0.6	5.9	100 g **44**
Grapefruit	**42**	0.8	0.1	9.1	1 piece · 250 g **105**
Grapes	**69**	0.7	0.2	17.2	150 g **104**
Guava	**68**	2.5	0.9	8.9	1 piece · 55 g **37**
Jackfruit	**95**	1.7	0.6	21.8	100 g **95**
Kiwi	**61**	1.1	0.5	11.7	1 piece · 75 g **46**
Kumquats	**71**	1.9	0.9	9.4	1 piece · 20 g **14**
Lemon	**29**	1.1	0.3	6.5	1 slice · 10 g **3**
Lime	**30**	0.7	0.2	7.7	30 g **9**
Lychees	**66**	0.8	0.4	15.2	100 g **66**
Mandarins	**53**	0.8	0.3	11.5	1 piece · 80 g **42**
Mango	**60**	0.8	0.4	13.4	1 piece · 300 g **180**
Melon	**34**	0.8	0.2	7.3	1 slice · 200 g **68**
Mulberries	**43**	1.4	0.4	8.1	150 g **65**
Nectarines	**44**	1.1	0.3	8.8	1 piece · 140 g **62**
Oranges	**47**	0.9	0.1	9.4	1 piece · 150 g **71**
Papaya	**43**	0.5	0.3	9.1	150 g **65**
Passion fruit	**97**	2.2	0.7	13	1 piece · 18 g **17**
Peaches	**39**	0.9	0.3	8	1 piece · 150 g **59**
Pears	**57**	0.4	0.1	12.1	1 piece · 170 g **97**
Persimmon	**70**	0.6	0.2	15	1 piece · 170 g **119**
Pineapple	**50**	0.5	0.1	11.7	150 g **75**
Plantains	**122**	1.3	0.3	30.2	1 piece · 180 g **220**
Plums	**46**	0.7	0.3	10	1 piece · 40 g **18**
Pomegranate	**83**	1.7	1.2	14.7	150 g **125**
Pomelo	**38**	0.8	0	8.6	200 g **76**
Prunes dried	**240**	2.2	0.4	56.8	30 g **72**
Quince	**57**	0.4	0.1	13.4	150 g **86**
Raisins	**299**	3.3	0.3	74.8	30 g **90**
Raspberries	**52**	1.2	0.7	5.4	100 g **52**
Redcurrants	**56**	1.4	0.2	9.5	100 g **56**
Sour cherries	**50**	1	0.3	10.6	150 g **75**
Star fruit	**31**	1	0.3	3.9	1 piece · 90 g **28**
Strawberries	**32**	0.7	0.3	5.7	150 g **48**
Tamarind	**239**	2.8	0.6	57.4	30 g **72**
Watermelon	**30**	0.6	0.1	7.2	1 slice · 300 g **90**

Grains, legumes and flour

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Amaranth cooked	**102**	3.8	1.6	16.6	150 g **153**
Baked beans	**94**	4.8	0.4	17	150 g **141**
Basmati rice cooked basmati rice	**117**	2.7	0.6	24.4	150 g **176**
Black beans cooked	**132**	8.9	0.5	15	150 g **198**
Black-eyed peas cooked black-eyed peas	**116**	7.7	0.5	14.3	150 g **174**
Bran flakes	**360**	11.5	4.4	59.3	40 g **144**
Brown rice cooked	**123**	2.7	1	24	180 g **221**
Buckwheat cooked	**92**	3.4	0.6	17.2	180 g **166**
Buckwheat flour	**335**	12.6	3.1	60.6	1 tbsp · 10 g **34**
Bulgur dry	**342**	12.3	1.3	63.4	70 g **239**
Chickpea flour	**387**	22.4	6.7	47	1 tbsp · 10 g **39**
Chickpeas cooked	**164**	8.9	2.6	19.8	150 g **246**
Cooked quinoa	**120**	4.4	1.9	18.5	150 g **180**
Cornflakes	**384**	5.9	0.9	85.3	40 g **154**
Cornmeal	**362**	8.1	3.6	69.6	50 g **181**
Cornstarch	**381**	0.3	0.1	90.4	1 tbsp · 8 g **30**
Couscous cooked	**112**	3.8	0.2	21.8	180 g **202**
Egg noodles dry	**384**	14.2	4.4	68	70 g **269**
Glass noodles (dry)	**351**	0.2	0.1	85.6	60 g **211**
Granola	**489**	13.7	24.3	45	50 g **245**
Instant noodles	**440**	10.2	17.6	57.4	1 pack · 70 g **308**
Jasmine rice cooked jasmine (Thai) rice	**143**	2.9	0.7	30.5	150 g **215**
Kidney beans cooked	**127**	8.7	0.5	15.4	150 g **191**
Lentils cooked	**116**	9	0.4	12.2	180 g **209**
Lima beans cooked lima (butter) beans	**115**	7.8	0.4	13.9	150 g **173**
Millet cooked	**119**	3.5	1	22.4	200 g **238**
Muesli	**370**	10	6	57.6	50 g **185**
Oat bran	**246**	17.3	7	50.8	1 tbsp · 6 g **15**
Oat flour	**404**	14.7	9.1	59.2	1 tbsp · 10 g **40**
Oats	**379**	13.2	6.5	57.6	50 g **190**
Onigiri	**170**	2.7	0.3	36.1	1 piece · 110 g **187**
Pasta cooked	**158**	5.8	0.9	29.2	200 g **316**
Pearl barley cooked	**123**	2.3	0.4	24.4	200 g **246**
Pilau rice	**134**	2.5	3.7	22.1	180 g **241**
Pinto beans cooked	**143**	9	0.7	17.2	150 g **215**
Polenta	**370**	7.1	1.8	75.5	70 g **259**
Potato starch	**348**	0	0.2	86.3	1 tbsp · 10 g **35**
Quinoa dry	**368**	14.1	6.1	57.2	60 g **221**
Rice white, cooked	**130**	2.7	0.3	27.6	180 g **234**
Rice flour	**366**	6	1.4	77.7	1 tbsp · 10 g **37**
Rice noodles dry	**364**	6	0.6	78.6	70 g **255**
Rye flour	**349**	10.9	1.5	63.6	1 tbsp · 10 g **35**
Semolina dry	**360**	12.7	1.1	68.9	40 g **144**
Soba noodles cooked	**99**	5.1	0.1	21.4	200 g **198**
Spätzle	**168**	5.8	1.3	32	200 g **336**
Spelt cooked	**127**	5.5	0.8	22.5	150 g **191**
Split peas dry	**364**	23.1	3.9	39.4	60 g **218**
Sweetened cereal	**388**	8.2	3.2	79.2	30 g **116**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Tapioca pearls dry	**358**	0.2	0	87.8	30 g **107**
Udon noodles cooked	**95**	2.6	0.4	19.5	220 g **209**
Vital wheat gluten	**370**	75.2	1.9	13.2	20 g **74**
Wheat bran	**216**	15.6	4.3	21.7	1 tbsp · 4 g **9**
Wheat flour	**364**	10.3	1	73.6	1 tbsp · 10 g **36**
Wheat germ	**375**	27.2	9.5	35.1	1 tbsp · 7 g **26**
White beans cooked	**139**	9.7	0.3	18.8	150 g **209**
Wild rice dry	**357**	14.7	1.1	68.7	60 g **214**

Bread and pastries

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Aloo paratha	**235**	5.9	9	30.4	1 piece · 120 g **281**
Apple turnovers	**338**	4.2	18.7	36.6	1 piece · 100 g **338**
Arepas	**189**	2.8	3.9	35.1	1 piece · 90 g **170**
Bagels	**275**	10.5	1.6	51.1	1 piece · 100 g **275**
Baguette	**287**	8.3	1.4	58.3	1 slice · 30 g **86**
Bread rolls	**293**	9.1	5.3	49.7	1 piece · 50 g **147**
Breadcrumbs	**395**	13.3	5.3	67.5	20 g **79**
Brioche	**401**	11.3	19.1	46	1 slice · 30 g **120**
Challah	**290**	7.2	7.7	45.6	1 slice · 40 g **116**
Chapati	**299**	7.8	9.2	36.4	1 piece · 40 g **120**
Chocolate croissant	**421**	7.4	22.8	46.1	1 piece · 70 g **295**
Ciabatta	**272**	7.7	1.1	55.9	1 slice · 30 g **82**
Cinnamon roll	**452**	4.5	26.6	47.4	1 piece · 100 g **452**
Cornbread	**287**	6.5	9.8	41.4	1 piece · 60 g **172**
Cornish pasty	**278**	7	17.8	21.9	1 piece · 220 g **612**
Crackers	**510**	6.6	26.4	59	30 g **153**
Crispbread	**379**	10	3.6	73.7	1 piece · 10 g **38**
Croissant	**406**	8.2	21	43.2	1 piece · 60 g **244**
Croutons	**407**	11.9	6.6	68.4	20 g **81**
Crumpets	**207**	6.9	1	41.4	1 piece · 55 g **114**
Danish pastry	**403**	7	22.4	43.3	1 piece · 80 g **322**
Dosa	**210**	5.7	4	35.2	1 piece · 100 g **210**
Empanadas	**333**	12.1	19.2	25.9	1 piece · 120 g **400**
English muffins	**227**	8.9	1.7	40.7	1 piece · 60 g **136**
Focaccia	**249**	8.8	7.9	34	1 slice · 80 g **199**
French toast	**273**	10.4	11.4	31.1	1 piece · 60 g **164**
Fruitcake	**349**	4	11.1	58.1	1 slice · 80 g **279**
Galette des rois	**434**	7.6	30	33.4	1 slice · 100 g **434**
Garlic bread	**349**	8.3	16.6	39.1	1 slice · 30 g **105**
Gluten-free bread	**261**	2.6	3.3	51.8	1 slice · 30 g **78**
Hot cross buns	**312**	7.3	5.8	54	1 piece · 70 g **218**
Idli (steamed rice cakes)	**128**	6.4	0.3	19.2	1 piece · 40 g **51**
Jamaican beef patty	**352**	15.4	20.8	24.6	1 piece · 140 g **493**
Julekake	**325**	7.4	7.6	55.7	1 slice · 40 g **130**
Lavash	**275**	9.1	1.2	53	60 g **165**
Multigrain bread	**265**	13.4	4.2	35.9	1 slice · 30 g **80**
Naan	**311**	11.1	7.3	45	1 piece · 90 g **280**
Pandoro	**401**	8.1	17.4	51.5	1 slice · 80 g **321**
Pão de queijo	**331**	8.3	15.6	39	1 piece · 20 g **66**
Papadums	**501**	11.5	38.8	25.7	1 piece · 8 g **40**
Paratha	**326**	6.4	13.2	35.8	1 piece · 80 g **261**
Phyllo pastry	**289**	7.1	6	50.8	100 g **289**
Pita bread	**259**	7.5	0.9	53	1 piece · 60 g **155**
Potato bread	**266**	12.5	3.1	40.8	1 slice · 30 g **80**
Quiche	**365**	11.9	29.2	12.9	150 g **548**
Rice cakes	**385**	7.3	3	80.5	1 piece · 8 g **31**
Rosca de Reyes	**372**	8.5	11.8	55.9	1 slice · 100 g **372**
Rye bread	**259**	8.5	3.3	43.5	1 slice · 30 g **78**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Saffron buns (lussekatter)	**317**	7.5	8	51.5	1 piece · 60 g **190**
Sausage rolls	**352**	8.4	24.1	24.6	1 piece · 90 g **317**
Scones	**382**	6.7	18.4	46.9	1 piece · 70 g **267**
Soda bread	**261**	7.6	1.6	52.2	1 slice · 40 g **104**
Soft pretzels	**330**	9.2	7.1	54.6	1 piece · 80 g **264**
Spanakopita	**212**	8.3	15.2	9.3	150 g **318**
Taco shells	**476**	6.4	21.8	56.8	1 piece · 13 g **62**
Tortillas	**297**	8	7.6	46.9	1 piece · 50 g **149**
White bread	**265**	9	3.2	45.2	1 slice · 30 g **80**
Whole wheat bread	**247**	13	3.4	35	1 slice · 30 g **74**
Yorkshire puddings	**197**	6.7	8.3	23.4	1 piece · 25 g **49**

Meat and poultry

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Bacon fried	**468**	33.9	35.1	1.7	1 slice · 8 g **37**
Beef lean, raw	**170**	20	10	0	150 g **255**
Beef brisket	**157**	20.7	7.4	0.6	150 g **236**
Beef heart	**112**	17.7	3.9	0.1	150 g **168**
Beef jerky	**410**	33.2	25.6	9.2	30 g **123**
Beef liver raw	**135**	20.4	3.6	3.9	150 g **203**
Beef short ribs braised beef short ribs	**269**	37.3	13.3	0	200 g **538**
Beef tenderloin raw	**121**	21.2	4	0	150 g **182**
Beef tongue raw	**224**	14.9	16.1	3.7	100 g **224**
Blood sausage	**313**	12.2	27.1	4.5	100 g **313**
Bologna	**308**	15.2	24.6	5.5	1 slice · 20 g **62**
Bratwurst	**333**	13.7	29.2	2.9	1 piece · 85 g **283**
Calf's liver veal liver, raw	**86**	14.9	1.1	4.1	100 g **86**
Carne asada (grilled marinated beef)	**273**	24.7	18.5	0.3	150 g **409**
Char siu	**249**	25.9	12.8	7.5	150 g **373**
Chicken breast raw	**110**	23	1.2	0	150 g **165**
Chicken drumsticks raw	**161**	18.1	9.2	0.1	1 piece · 75 g **121**
Chicken gizzards (raw)	**94**	17.7	2.1	0	150 g **141**
Chicken hearts (raw)	**153**	15.6	9.3	0.7	150 g **230**
Chicken liver pâté	**269**	13.8	22.9	2	1 tbsp · 15 g **40**
Chicken livers raw	**119**	16.9	4.8	0.7	150 g **179**
Chicken thighs skinless, raw	**121**	19.7	4.1	0	150 g **182**
Chicken wings raw	**191**	17.5	12.8	0	150 g **287**
Chipolatas chipolata sausages, cooked	**282**	18.8	22.4	0.8	1 piece · 40 g **113**
Chorizo	**476**	20.9	41.9	2.6	50 g **238**
Corned beef	**142**	21.7	6	0.3	1 slice · 30 g **43**
Cotechino (boiled pork sausage)	**323**	15.2	29.1	0	100 g **323**
Doner kebab	**377**	23.5	31.4	0	100 g **377**
Duck raw, with skin	**404**	11.5	39.3	0	150 g **606**
Duck breast pan-fried duck breast (magret)	**222**	26.7	12.8	0	150 g **333**
Duck confit	**195**	32	7.4	0	150 g **293**
Frankfurters	**260**	11	23	1.6	1 piece · 50 g **130**
Gammon grilled gammon	**199**	27.5	9.9	0	120 g **239**
Glazed ham	**186**	21.1	8.5	4.9	1 slice · 30 g **56**
Ground beef (mince) 20% fat, raw	**250**	17	20	0	150 g **375**
Ground chicken	**143**	17.4	8.1	0	150 g **215**
Ground lamb	**282**	16.6	23.4	0	150 g **423**
Ground pork (raw)	**263**	16.9	21.2	0	150 g **395**
Ground turkey (raw)	**150**	18.7	8.3	0	150 g **225**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Ham	**164**	16.6	8.8	2.3	1 slice · 20 g **33**
Italian sausage	**317**	18.2	26.2	2.1	1 piece · 80 g **254**
Karaage (Japanese fried chicken)	**307**	24.2	18.1	13	1 piece · 30 g **92**
Kielbasa	**325**	10.8	29.6	3.7	60 g **195**
Kofta	**290**	25.3	20.5	1.3	1 piece · 50 g **145**
Lamb leg, raw	**230**	17.9	17.1	0	150 g **345**
Liverwurst	**326**	14.1	28.5	2.2	30 g **98**
Luncheon meat canned luncheon meat (Spam)	**315**	13.4	26.6	4.6	60 g **189**
Mortadella	**305**	15	26.7	1.4	1 slice · 15 g **46**
Pancetta	**342**	20.2	28.8	0.8	1 slice · 10 g **34**
Pastrami	**147**	21.8	5.8	0.4	1 slice · 15 g **22**
Pepperoni	**504**	19.3	46.3	1.2	30 g **151**
Pheasant	**220**	27.9	12	0	150 g **330**
Picanha (grilled sirloin cap)	**257**	26.8	15.8	0	200 g **514**
Pork belly raw	**518**	9.3	53	0	100 g **518**
Pork chops	**170**	20.7	9	0	150 g **255**
Pork liver	**134**	21.4	3.6	2.5	150 g **201**
Pork ribs	**277**	15.5	23.4	0	200 g **554**
Pork rinds	**580**	54.1	40.3	0	30 g **174**
Pork sausages british pork sausages, grilled	**294**	14.5	22.1	9	1 piece · 50 g **147**
Pork shoulder lean, raw	**148**	19.6	7.1	0	150 g **222**
Pork tenderloin	**143**	21	6	0	150 g **215**
Prime rib	**365**	22.6	29.8	0	200 g **730**
Prosciutto dry-cured ham	**229**	31	11.5	0.3	1 slice · 15 g **34**
Quail	**134**	21.8	4.5	0	150 g **201**
Rabbit raw	**136**	20.1	5.5	0	150 g **204**
Roast chicken	**239**	27.3	13.6	0	200 g **478**
Roast goose	**238**	29	12.7	0	150 g **357**
Roast pork	**163**	30.5	4.3	0.7	150 g **245**
Salami	**378**	21.1	31.6	0.7	1 slice · 10 g **38**
Serrano ham	**229**	31	11.5	0.3	1 slice · 15 g **34**
Smoked sausage	**320**	12	28.7	2.4	50 g **160**
Smoked turkey	**208**	28.1	9.7	0	80 g **166**
Steak	**131**	22.1	4.1	0	200 g **262**
Tripe cooked beef tripe	**94**	11.7	4	2	150 g **141**
Turkey breast	**114**	23.7	1.5	0	150 g **171**
Turkey dark meat drumstick, raw	**118**	20.5	4	0	200 g **236**
Turkey sausage cooked	**196**	23.9	10.4	0	100 g **196**
Veal raw	**107**	21.3	1.8	0	150 g **161**
Venison	**120**	23	2.4	0	150 g **180**

Fish and seafood

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Anchovies	**210**	28.9	9.7	0	20 g **42**
Carp raw	**127**	17.8	5.6	0	150 g **191**
Catfish	**119**	15.2	5.9	0	150 g **179**
Clams	**86**	14.7	1	3.6	100 g **86**
Cod raw	**82**	17.8	0.7	0	150 g **123**
Crab raw	**87**	18.1	1.1	0	100 g **87**
Crab sticks	**95**	7.6	0.5	14.5	1 piece · 16 g **15**
Crawfish	**77**	16	0.9	0	100 g **77**
Eel	**184**	18.4	11.7	0	100 g **184**
Fish cakes	**255**	13.2	13.7	18.4	1 piece · 40 g **102**
Fish sticks	**277**	11	16.2	20.2	1 piece · 28 g **78**
Flounder and sole (raw)	**70**	12.4	1.9	0	150 g **105**
Fried calamari	**234**	13.8	13.2	13.6	150 g **351**
Fried catfish	**255**	13.5	16.7	11.2	150 g **383**
Fried fish breaded fried fish	**193**	11.9	10	13.4	150 g **290**
Fried shrimp	**218**	12.3	12.9	11.9	150 g **327**
Gravlax	**212**	19.3	12.6	4.1	1 slice · 15 g **32**
Haddock raw	**74**	16.3	0.5	0	150 g **111**
Hake raw	**83**	17.6	1.4	0	150 g **124**
Halibut (raw)	**91**	18.6	1.3	0	150 g **137**
Herring	**262**	14.2	18	9.6	80 g **210**
King crab	**84**	18.3	0.6	0	100 g **84**
Lobster boiled lobster	**91**	19.6	1.3	0.1	150 g **136**
Lumpfish roe	**111**	10.4	7.3	1	1 tsp · 7 g **8**
Lutefisk lutfisk (lye fish, boiled)	**28**	5.9	0.5	0	150 g **42**
Mackerel raw	**205**	18.6	13.9	0	150 g **308**
Mahi-mahi cooked	**109**	23.7	0.9	0	150 g **164**
Monkfish grilled monkfish	**98**	23	0.7	0	150 g **147**
Mussels raw	**86**	11.9	2.2	3.7	100 g **86**
Octopus raw	**82**	14.9	1	2.2	100 g **82**
Oysters	**59**	5.2	1.6	5.5	1 piece · 15 g **9**
Pangasius (basa) raw	**74**	14.9	1.6	0	150 g **111**
Perch	**82**	17.9	1.2	0	150 g **123**
Pike raw	**88**	19.3	0.7	0	150 g **132**
Pink salmon	**127**	20.5	4.4	0	150 g **191**
Pollock raw	**76**	17.2	0.8	0	150 g **114**
Salmon	**208**	20	13	0	150 g **312**
Salmon roe	**143**	22.3	6.4	1.5	1 tbsp · 15 g **21**
Salt cod dried and salted	**206**	47.6	1.7	0	50 g **103**
Sardines	**208**	24.6	11.4	0	90 g **187**
Scallops cooked scallops	**110**	20.2	1.8	3.2	100 g **110**
Scampi breaded fried scampi	**282**	10.9	13.6	29	120 g **338**
Sea bass (raw)	**97**	18.4	2	0	150 g **146**
Sea bream	**129**	20.9	5.1	0	150 g **194**
Shrimp (prawns)	**85**	20	0.5	0	150 g **128**
Smoked salmon	**178**	22	9.5	0.9	50 g **89**
Snapper cooked	**121**	26.3	1.7	0	150 g **182**
Sockeye salmon	**131**	22.3	4.7	0	150 g **197**
Sprats	**186**	19.8	11.9	0	100 g **186**
Squid raw	**92**	15.6	1.4	3.1	100 g **92**
Swordfish	**172**	23.4	7.9	0	150 g **258**
Taramasalata	**534**	6.8	54.8	3.2	1 tbsp · 15 g **80**
Tilapia raw	**96**	20.1	1.7	0	150 g **144**
Trout raw	**141**	19.9	6.2	0	150 g **212**
Tuna canned in water	**116**	25.5	0.8	0	100 g **116**
Turbot raw	**92**	17.2	2.5	0	150 g **137**
Yellowtail (hamachi)	**217**	20.7	17.2	0.3	100 g **217**

Dairy and eggs

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Blue cheese	**353**	21.4	28.7	2.3	30 g **106**
Brie	**334**	20.8	27.7	0.5	30 g **100**
Buffalo mozzarella	**260**	14.5	22.3	0.2	60 g **156**
Burrata	**273**	17.4	21.4	2.7	1 piece · 125 g **341**
Butter	**717**	0.9	81	0.1	10 g **72**
Buttermilk	**40**	3.3	1.1	4.8	1 glass · 250 g **100**
Camembert	**300**	19.8	24.3	0.5	30 g **90**
Cheddar	**410**	24.3	33.8	2.1	1 slice · 20 g **82**
Clotted cream	**586**	1.6	63.5	2.2	1 tbsp · 15 g **88**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Coconut yogurt	**92**	0.7	7.6	5	150 g **138**
Colby cheese	**394**	23.8	32.1	2.6	1 slice · 20 g **79**
Cotija cheese	**366**	20	30	4	20 g **73**
Cottage cheese	**121**	17	5	1.8	150 g **182**
Cream	**131**	3.1	11.5	4.3	1 tbsp · 15 g **20**
Cream cheese	**350**	6.2	34.4	5.5	1 tbsp · 15 g **53**
Drinking yogurt	**74**	3	1.4	11.6	1 glass · 250 g **184**
Duck eggs	**185**	12.8	13.8	1.4	1 piece · 70 g **130**
Edam	**357**	25	28.6	1.4	1 slice · 20 g **71**
Egg whites	**52**	10.9	0.2	0.7	1 piece · 33 g **17**
Egg yolk	**322**	15.9	26.5	3.6	1 piece · 17 g **55**
Eggs	**143**	12.6	9.5	0.7	1 piece · 55 g **79**
Evaporated milk	**134**	6.8	7.6	10	1 tbsp · 15 g **20**
Feta	**265**	14.2	21.5	3.9	40 g **106**
Fried eggs	**196**	13.6	15	0.8	1 piece · 55 g **108**
Fruit yogurt	**105**	4.9	1.4	18.6	150 g **158**
Goat cheese	**264**	18.5	21.1	0	30 g **79**
Gorgonzola	**312**	19	26.4	0	30 g **94**
Gouda	**356**	25	27	2.2	1 slice · 20 g **71**
Greek yogurt	**73**	9.9	2	3.9	150 g **110**
Gruyère	**413**	29.8	32.3	0.4	1 slice · 20 g **83**
Halloumi	**313**	23.9	23.5	1.6	1 slice · 25 g **78**
Havarti	**342**	24	26.8	0.1	1 slice · 20 g **68**
High-protein yogurt	**98**	7.5	2.3	11.5	1 piece · 150 g **147**
Kefir	**40**	3	1	4	1 glass · 250 g **100**
Labneh	**158**	8.1	12.5	3.6	1 tbsp · 30 g **47**
Mascarpone	**385**	4.4	39	4	1 tbsp · 15 g **58**
Milk	**52**	2.8	2.5	4.7	1 glass · 250 g **130**
Milk powder	**496**	26.3	26.7	38.4	1 tbsp · 8 g **40**
Monterey Jack	**373**	24.5	30.3	0.7	1 slice · 20 g **75**
Mozzarella	**256**	19.5	19.5	0.7	50 g **128**
Muenster cheese	**368**	23.4	30	1.1	1 slice · 20 g **74**
Paneer	**328**	26	24.5	0.9	50 g **164**
Parmesan	**392**	35.8	25.8	3.2	20 g **78**
Pecorino	**387**	31.8	26.9	3.6	15 g **58**
Plain yogurt	**61**	3.5	3.3	4.7	150 g **92**
Processed cheese	**297**	17.8	23	4.8	1 slice · 20 g **59**
Provolone	**351**	25.6	26.6	2.1	1 slice · 20 g **70**
Quail eggs	**158**	13.1	11.1	0.4	1 piece · 10 g **16**
Quark	**88**	7.1	4.3	5.7	150 g **132**
Queso fresco	**298**	18.9	23.4	3	30 g **89**
Raita	**57**	4.4	2.4	5.5	1 tbsp · 20 g **11**
Red Leicester	**403**	25	33.6	0.1	1 slice · 20 g **81**
Ricotta	**150**	7.5	10.2	7.3	50 g **75**
Scrambled eggs	**145**	10	11	1.6	120 g **174**
Skyr	**49**	8	0	3.9	150 g **74**
Sour cream	**162**	2.6	15	3	1 tbsp · 20 g **32**
Soy yogurt	**94**	3.5	1.8	15.8	125 g **118**
Stilton	**410**	23.7	35	0.1	1 slice · 20 g **82**
Swiss cheese	**393**	27	31	1.4	1 slice · 20 g **79**
Wensleydale	**381**	23.7	31.8	0.1	1 slice · 20 g **76**
Whey protein	**400**	80	6	8	1 scoop · 30 g **120**
Whipped cream	**257**	3.2	22.2	12.5	20 g **51**
Yogurt parfait	**104**	5.3	2.2	14.8	200 g **208**

Nuts and seeds

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Almond butter	**614**	21	55.5	8.5	1 tbsp · 16 g **98**
Almonds	**579**	21	50	9.5	30 g **174**
Brazil nuts	**659**	14.3	67.1	4.2	20 g **132**
Cashew butter	**587**	17.6	49.4	25.6	1 tbsp · 16 g **94**
Cashews	**553**	18.2	43.9	26.9	30 g **166**
Chestnuts roasted	**245**	3.2	2.2	47.9	50 g **123**
Chia seeds	**486**	17	31	7.6	1 tbsp · 12 g **58**
Flaxseed	**534**	18.3	42.2	1.6	1 tbsp · 10 g **53**
Hazelnuts	**628**	14.9	60.8	7	30 g **188**
Hemp seeds	**553**	31.6	48.8	4.7	1 tbsp · 10 g **55**
Honey roasted almonds	**594**	18.2	49.9	14.2	30 g **178**
Macadamia nuts	**718**	7.9	75.8	5.2	30 g **215**
Mixed nuts	**607**	19.5	53.5	16	30 g **182**
Peanut butter	**588**	25	50	15	1 tbsp · 16 g **94**
Peanuts	**567**	25.8	49.2	7.6	30 g **170**
Pecans	**691**	9.2	72	4.3	30 g **207**
Pine nuts	**673**	13.7	68.4	9.4	20 g **135**
Pistachios	**560**	20.2	45.3	16.6	30 g **168**
Poppy seeds	**525**	18	41.6	8.6	1 tsp · 3 g **16**
Pumpkin seeds	**559**	30.2	49	4.7	30 g **168**
Sesame seeds	**573**	17.7	49.7	11.7	1 tsp · 3 g **17**
Sunflower seed butter	**617**	17.3	55.2	17.6	1 tbsp · 16 g **99**
Sunflower seeds	**584**	21	51	11.4	30 g **175**
Sweetened coconut flakes	**501**	2.9	35.5	43.2	1 tbsp · 5 g **25**
Tahini	**595**	17	53.8	11.9	1 tbsp · 15 g **89**
Walnuts	**654**	15	65	7.3	30 g **196**

Oils, sauces and condiments

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Apple cider vinegar	**4**	0	0	0.9	1 tbsp · 15 g **1**
Avocado oil	**884**	0	100	0	1 tbsp · 14 g **124**
Balsamic vinegar	**88**	0.5	0	17	1 tbsp · 15 g **13**
BBQ sauce	**172**	0.8	0.6	39.9	1 tbsp · 17 g **29**
Béchamel sauce	**147**	3.8	10.6	9	1 tbsp · 15 g **22**
Brown sauce	**88**	0.7	0.1	18.8	1 tbsp · 15 g **13**
Caesar dressing	**542**	2.2	57.9	2.8	1 tbsp · 15 g **81**
Canola oil	**884**	0	100	0	1 tbsp · 14 g **124**
Coconut oil	**892**	0	99.1	0	1 tbsp · 13 g **116**
Corn oil	**900**	0	100	0	1 tbsp · 14 g **126**
Curry sauce	**77**	1	3.2	10.6	1 tbsp · 15 g **12**
Duck fat	**898**	0	99.8	0	1 tbsp · 13 g **117**
Flaxseed oil	**884**	0.1	100	0	1 tbsp · 13 g **115**
Ghee	**876**	0.3	99.5	0	1 tsp · 5 g **44**
Goose fat	**900**	0	99.8	0	1 tbsp · 13 g **117**
Grapeseed oil	**884**	0	100	0	1 tbsp · 14 g **124**
Gravy	**53**	3.8	2.4	4.4	60 g **32**
Hollandaise sauce	**201**	1.2	19.8	4.6	1 tbsp · 15 g **30**
Honey mustard dressing	**464**	0.9	40.8	22.9	1 tbsp · 15 g **70**
Hot sauce	**12**	1.3	0.8	0.2	1 tsp · 5 g **1**
Hummus	**237**	7.8	17.8	9.5	1 tbsp · 15 g **36**
Ketchup	**112**	1	0.1	25.7	1 tbsp · 17 g **19**
Lard	**902**	0	100	0	1 tbsp · 13 g **117**
Mango chutney	**246**	0.3	0.1	59.6	1 tbsp · 15 g **37**
Margarine	**717**	0.2	80.7	0.7	10 g **72**
Marinara sauce	**50**	1.4	1.6	5.6	100 g **50**
Mayonnaise	**680**	1	75	0.6	1 tbsp · 15 g **102**
Mustard	**60**	3.7	3.3	1.8	1 tsp · 5 g **3**
Olive oil	**884**	0	100	0	1 tbsp · 13 g **115**
Passata	**29**	1.4	0.2	4.3	100 g **29**
Peanut oil	**884**	0	100	0	1 tbsp · 14 g **124**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Pesto	**418**	5	40	4.2	1 tbsp · 16 g **67**
Pickle relish	**130**	0.4	0.5	34	1 tbsp · 15 g **20**
Pizza sauce	**54**	2.2	1.1	6.7	1 tbsp · 15 g **8**
Ranch dressing	**430**	1.3	44.5	5.9	1 tbsp · 15 g **65**
Ready-made bolognese sauce	**89**	4.2	4.8	7.3	100 g **89**
Salad cream	**326**	1.5	26.7	20	1 tbsp · 15 g **49**
Salsa	**29**	1.5	0.2	4.7	1 tbsp · 16 g **5**
Schmaltz (chicken fat)	**898**	0	99.8	0	1 tbsp · 13 g **117**
Sesame oil	**884**	0	100	0	1 tbsp · 14 g **124**
Soy sauce	**76**	7.7	0	1.6	1 tbsp · 15 g **11**
Sunflower oil	**884**	0	100	0	1 tbsp · 13 g **115**
Sweet and sour sauce	**84**	0.6	0.2	20.1	1 tbsp · 15 g **13**
Tartar sauce	**517**	1	55	4.6	1 tbsp · 15 g **78**
Thousand Island dressing	**379**	1.1	35.1	13.8	1 tbsp · 15 g **57**
Tomato paste	**82**	4.3	0.5	14.8	1 tbsp · 16 g **13**
Vinegar	**23**	0	0.1	0.6	1 tbsp · 15 g **3**
Worcestershire sauce	**77**	0	0	19.2	1 tsp · 5 g **4**

Sweets and desserts

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Agave syrup	**310**	0.1	0.5	76.2	1 tbsp · 21 g **65**
Apple crumble	**229**	2.2	9.5	33.8	150 g **344**
Apple pie	**237**	1.9	11	32.4	1 slice · 120 g **284**
Apple strudel	**281**	2	14.1	36.4	120 g **337**
Baklava	**440**	6.6	29.3	35	1 piece · 30 g **132**
Banana bread	**331**	4.4	12.4	50.6	1 slice · 70 g **232**
Barfi	**284**	5.4	11.4	40	1 piece · 20 g **57**
Biscotti	**373**	7.6	8.4	65.6	1 piece · 15 g **56**
Black Forest cake	**324**	4.1	19	34.2	1 slice · 100 g **324**
Blueberry muffins	**375**	4.5	16.1	51.9	1 piece · 60 g **225**
Brigadeiros	**364**	8.3	15.9	49	1 piece · 15 g **55**
Brownies	**405**	4.8	16.3	61.8	1 piece · 60 g **243**
Butter cookies	**467**	6.1	18.8	68.1	1 piece · 5 g **23**
Candy bars	**523**	6.1	28.1	60.5	1 piece · 25 g **131**
Candy corn	**342**	0	0.1	89.9	1 piece · 2 g **7**
Candy-coated chocolates	**505**	5.5	24.3	65	30 g **152**
Cannoli	**307**	6.2	15	36.7	1 piece · 80 g **245**
Caramel apples	**134**	1.3	2.1	27.8	1 piece · 200 g **268**
Caramels	**382**	4.6	8.1	77	1 piece · 8 g **31**
Carrot cake	**374**	2.5	17.5	50.7	100 g **374**
Chewing gum	**228**	0.7	0.5	78.1	1 piece · 2 g **5**
Chia pudding	**118**	2.8	5.4	10.2	200 g **236**
Chocolate cake	**389**	3.5	20.1	50.6	1 slice · 80 g **311**
Chocolate chip cookies	**481**	5.4	22.6	64.3	1 piece · 10 g **48**
Chocolate mousse	**150**	5.4	4.4	21.3	1 piece · 100 g **150**
Chocolate spread	**539**	5.4	29.7	57	1 tbsp · 20 g **108**
Christmas pudding	**285**	3	6.9	53.2	100 g **285**
Churros	**419**	6	22.2	46.3	1 piece · 25 g **105**
Cinnamon stars (Zimtsterne)	**505**	14.2	25.9	50.9	1 piece · 10 g **51**
Cocoa powder	**228**	19.6	13.7	20.9	1 tsp · 5 g **11**
Coconut macaroons	**460**	3	22.6	56.1	1 piece · 15 g **69**
Condensed milk	**321**	7.9	8.7	54.4	1 tbsp · 20 g **64**
Cream puffs	**348**	4.6	26.4	22.9	1 piece · 70 g **244**
Crème brûlée	**272**	4.5	20.8	16.6	1 piece · 100 g **272**
Crepes	**381**	8.1	14.6	54.3	1 piece · 60 g **229**
Cupcakes	**352**	2.8	14.8	52.6	1 piece · 60 g **211**
Custard	**114**	4	4.2	15.3	120 g **137**
Dark chocolate	**598**	7.8	42.6	35	20 g **120**
Digestives	**463**	6.2	21.3	60.4	1 piece · 15 g **69**
Doughnuts	**426**	5.2	22.9	49.3	1 piece · 60 g **256**
Dulce de leche	**307**	6.5	5.5	58	1 tbsp · 20 g **61**
Éclair	**264**	4.8	21.5	12.5	1 piece · 60 g **158**
Egg tarts	**307**	6.4	14.7	36.9	1 piece · 60 g **184**
Flan	**178**	5.2	4.9	28.2	100 g **178**
Flapjacks	**434**	5.1	22.8	51.9	1 piece · 60 g **260**
Frozen yogurt	**127**	3	3.6	21.6	100 g **127**
Gajar halwa	**354**	4.8	16.6	41.9	100 g **354**
Gelatin dessert	**60**	1.2	0	14.2	100 g **60**
Gelato	**249**	3.5	16.2	22.3	1 scoop · 60 g **149**
Gingerbread	**356**	3.9	16.4	49.2	1 piece · 40 g **142**
Gingersnaps	**453**	4.9	15.4	72.1	1 piece · 7 g **32**
Gulab jamun	**306**	7.2	12.8	41	1 piece · 30 g **92**
Gummy candy	**396**	0	0	98.8	30 g **119**
Halva	**469**	12.5	21.5	56	30 g **141**
Hard candy	**394**	0	0.2	98	1 piece · 5 g **20**
Honey	**304**	0.3	0	82.2	1 tsp · 8 g **24**
Ice cream	**227**	3.2	15	19.3	100 g **227**
Ice cream sandwich	**237**	4.3	8.6	37.1	1 piece · 70 g **166**
Ice pops	**85**	0.1	0.2	20.8	1 piece · 60 g **51**
Jaffa cakes	**354**	4.4	8.5	65.4	1 piece · 12 g **42**
Jalebi	**382**	2.9	12.3	65.6	1 piece · 20 g **76**
Jam	**278**	0.4	0.1	67.8	1 tbsp · 20 g **56**
Kheer	**113**	3.4	2.8	19.1	150 g **169**
Kransekake	**441**	10.6	22.5	49	50 g **220**
Kunafa	**346**	7.8	19.5	35.8	1 piece · 100 g **346**
Ladoo	**411**	6.9	22.3	42.7	1 piece · 40 g **164**
Ladyfingers	**385**	8	3.8	79.9	1 piece · 6 g **23**
Lebkuchen	**326**	7	1.3	68.7	1 piece · 40 g **130**
Lemon curd	**266**	0.6	4.9	55.4	1 tbsp · 20 g **53**
Lemon meringue pie	**251**	2.9	8.5	40.9	1 slice · 110 g **276**
Lemon tart	**379**	5	20.9	42.7	1 slice · 100 g **379**
Licorice	**311**	5.2	0.5	70.6	30 g **93**
Macarons	**430**	10	21.2	49.7	1 piece · 12 g **52**
Mango sticky rice	**146**	2	3.8	26.4	250 g **366**
Maple syrup	**260**	0	0.1	67	1 tbsp · 20 g **52**
Marrons glacés	**290**	1.7	1.2	66.3	1 piece · 20 g **58**
Marshmallows	**318**	1.8	0.2	81.2	1 piece · 7 g **22**
Marzipan	**407**	4	12.4	68.6	30 g **122**
Medovik	**395**	5.3	17.8	53.5	1 slice · 100 g **395**
Meringues	**396**	4.1	0.3	94.3	1 piece · 10 g **40**
Milk chocolate	**535**	7.7	29.7	56	25 g **134**
Mille-feuille	**292**	3.9	11.3	43.7	1 piece · 100 g **292**
Mince pies	**377**	3.8	14.9	56.7	1 piece · 60 g **226**
Mochi	**223**	4	0.6	45.5	1 piece · 50 g **112**
Molasses	**290**	0	0.1	74.7	1 tbsp · 20 g **58**
Mooncakes	**348**	4.7	8.5	62.6	1 piece · 100 g **348**
Oatmeal cookies	**450**	6.2	18.1	65.9	1 piece · 15 g **68**
Panettone	**354**	6.4	10.7	56.5	1 slice · 80 g **283**
Pastel de nata	**326**	5.5	16.4	38.9	1 piece · 60 g **196**
Pecan pie	**443**	5.5	29	41.8	1 slice · 110 g **488**
Polvorones	**480**	6.5	25.7	55.3	1 piece · 30 g **144**
Poppy seed roll	**390**	9	17.2	47.9	1 slice · 70 g **273**
Pound cake	**438**	5.9	25.6	46	1 slice · 40 g **175**
Prawn crackers	**570**	0.3	39	53	25 g **143**
Pudding	**142**	2.1	4.6	23	100 g **142**
Pumpkin pie	**201**	4	8.8	22.8	1 slice · 120 g **241**
Rice crispy treats	**417**	3.4	9	80.5	1 piece · 25 g **104**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Rice pudding	**108**	3.2	2.1	18.1	150 g **162**
Risalamande	**132**	2.9	6.3	15.6	150 g **198**
Sandwich cookies	**460**	6.7	18	67.9	1 piece · 11 g **51**
Shortbread	**489**	6.4	22.7	64.8	1 piece · 10 g **49**
Sorbet and sherbet	**110**	0.8	0.1	26.6	1 scoop · 60 g **66**
Sticky toffee pudding	**355**	4.8	12.2	57.3	120 g **426**
Stollen	**407**	5.9	18.6	53.5	1 slice · 60 g **244**
Strawberry cake	**260**	3.3	15.5	26.7	1 slice · 100 g **260**
Stroopwafels	**405**	4.8	12.6	68.7	1 piece · 30 g **122**
Struffoli	**383**	6.2	15.9	54.2	80 g **307**
Sugar	**387**	0	0	100	1 tsp · 5 g **19**
Sugar cookies	**496**	6.8	26.1	57	1 piece · 15 g **74**
Tangyuan	**280**	4.3	10.4	41.8	1 piece · 20 g **56**
Tiramisu	**353**	5.7	23.9	28.8	120 g **424**
Toaster pastries	**388**	4.2	9.9	69.3	1 piece · 50 g **194**
Tortilla chips	**497**	6.6	22.3	62.7	40 g **199**
Tres leches cake	**257**	7.1	10.1	34.9	1 slice · 120 g **308**
Trifle	**167**	2.7	7.9	20.4	150 g **251**
Turkish delight	**295**	0.6	0	73.8	1 piece · 10 g **30**
Turrón	**508**	7.9	25.2	62.5	1 piece · 15 g **76**
Vanilla crescents (Vanillekipferl)	**543**	8.5	33	51.4	1 piece · 8 g **43**
Victoria sponge	**354**	3.7	14.8	51.7	1 slice · 70 g **248**
Wafers	**455**	4.9	16.4	71	30 g **137**
White chocolate	**539**	5.9	32.1	59	25 g **135**
Yule log (bûche de Noël)	**317**	4.2	19.7	30.7	1 slice · 100 g **317**

Drinks

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Almond milk	**38**	0.4	1	6.2	1 glass · 250 g **95**
Apple juice	**46**	0.1	0.1	11.1	1 glass · 250 g **115**
Beer	**43**	0.5	0	3.5	1 glass · 500 g **215**
Bloody Mary	**73**	0.7	0.2	3.4	1 glass · 200 g **146**
Bubble tea	**55**	0.4	1.4	10.3	1 glass · 450 g **248**
Cappuccino	**37**	1.9	2	2.8	250 g **93**
Carrot juice	**29**	0.4	0.1	6.5	1 glass · 250 g **73**
Coconut water	**15**	0.2	0.1	3.3	1 glass · 330 g **50**
Coffee	**2**	0.3	0	0	250 g **5**
Cola	**42**	0	0.3	10.4	1 glass · 250 g **105**
Cranberry juice	**46**	0.4	0.1	12.1	1 glass · 200 g **92**
Daiquiri	**119**	0.1	0.1	15.5	1 glass · 150 g **179**
Eggnog	**88**	4.5	4.2	8.1	1 glass · 150 g **132**
Energy drinks	**43**	0.5	0	10.2	250 g **108**
Espresso	**9**	0.1	0.2	1.7	30 g **3**
Flat white	**38**	2.4	1.4	3.9	1 glass · 160 g **60**
Flavored milk	**64**	2.8	1	10.8	1 glass · 250 g **160**
Fruit smoothie	**66**	2.3	1.1	10.9	1 glass · 300 g **198**
Gin	**265**	0	0	0	1 glass · 50 g **133**
Goat milk	**56**	3.4	2.8	4.3	1 glass · 250 g **140**
Golden milk	**68**	3.2	1.9	9.8	1 glass · 250 g **170**
Grape juice	**60**	0.4	0.1	14.6	1 glass · 250 g **150**
Grapefruit juice	**43**	0.5	0.1	8.9	1 glass · 250 g **106**
Green tea	**1**	0.2	0	0	250 g **3**
Hard cider	**56**	0	0	5.9	1 glass · 330 g **185**
Horchata	**88**	1.1	0.1	19.9	1 glass · 250 g **220**
Hot chocolate	**85**	3.2	3.2	11.6	1 glass · 250 g **213**
Iced tea	**45**	0	0.2	10.8	1 glass · 500 g **225**
Kombucha	**16**	0.1	0	4	1 glass · 250 g **40**
Latte	**43**	2.8	1.6	4.3	1 glass · 300 g **129**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Lemonade	**46**	0	0	12.1	1 glass · 330 g **152**
Liqueur	**279**	0	0.1	33.2	1 glass · 50 g **140**
Mango lassi	**83**	3.4	1.8	13.8	1 glass · 250 g **209**
Margarita	**122**	0.1	0.1	16.1	1 glass · 150 g **183**
Martini	**201**	0.1	0	0.1	1 glass · 100 g **201**
Matcha	**237**	29.6	5.3	1.5	1 tsp · 2 g **5**
Matcha latte	**61**	3.4	1.9	7.6	1 glass · 300 g **184**
Milkshake	**112**	3.9	3	17.8	300 g **336**
Mimosa	**64**	0.4	0.2	6.3	1 glass · 150 g **96**
Mocha	**64**	2.6	1.5	10.2	1 glass · 300 g **192**
Mojito	**61**	0.1	0	2.3	1 glass · 250 g **153**
Mulled wine	**155**	0.3	0.2	19.2	1 glass · 200 g **310**
Oat milk	**43**	0.2	1.1	7.8	1 glass · 250 g **107**
Orange juice	**45**	0.7	0.2	10.2	1 glass · 250 g **113**
Piña colada	**151**	0.4	2.1	19.4	1 glass · 200 g **302**
Pineapple juice	**53**	0.4	0.1	12.1	1 glass · 250 g **132**
Pomegranate juice	**55**	0.1	0.3	13	1 glass · 200 g **110**
Prosecco	**71**	0.2	0	1.5	1 glass · 125 g **89**
Protein smoothie	**118**	9.2	4	11.7	1 glass · 300 g **354**
Prune juice	**77**	0.4	0	18.7	1 glass · 200 g **154**
Rice milk	**54**	0.2	1	10.8	1 glass · 250 g **134**
Rum	**231**	0	0	0	1 glass · 50 g **116**
Sake	**134**	0.5	0	5	1 glass · 100 g **134**
Sangria	**85**	0	0	7.2	1 glass · 200 g **170**
Shandy	**38**	0.2	0	7.1	1 glass · 500 g **190**
Soy milk	**37**	3.3	2.1	0.7	1 glass · 250 g **93**
Spirits	**231**	0	0	0	50 g **116**
Sports drinks	**26**	0	0	6.4	1 glass · 500 g **130**
Spritz	**77**	0.1	0	5.7	1 glass · 200 g **155**
Tea	**1**	0	0	0.2	250 g **3**
Tomato juice	**17**	0.8	0.3	3.1	1 glass · 250 g **43**
Tonic water	**34**	0.1	0.1	8.3	1 glass · 200 g **68**
Vegetable juice	**22**	0.7	0.1	4.7	1 glass · 250 g **54**
Vodka	**231**	0	0	0	1 glass · 50 g **116**
Whiskey	**250**	0	0	0.1	1 glass · 50 g **125**
Whiskey sour	**149**	0	0	13.2	1 glass · 120 g **179**
White wine	**82**	0.1	0	2.6	1 glass · 150 g **123**
Wine	**85**	0.1	0	2.6	1 glass · 150 g **128**

Dishes

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Aloo gobi	**60**	2.6	2	6.2	250 g **150**
Arancini (fried stuffed rice balls)	**253**	7.4	14.6	22.3	1 piece · 150 g **379**
Baba ganoush	**183**	4.8	15	4.3	1 tbsp · 20 g **37**
Banh mi	**233**	11.1	9.8	23.6	1 piece · 210 g **490**
Bao buns	**273**	11.2	7.6	38.6	1 piece · 90 g **246**
Barbecue ribs	**254**	16.2	15.1	11.8	250 g **635**
Barszcz with uszka	**42**	1.4	0.7	6.8	350 g **147**
Bean soup	**67**	3.8	0.8	7.6	350 g **235**
Beans on toast	**168**	5.7	1.7	31.1	250 g **419**
Beef and broccoli	**160**	10.4	10.6	3.8	250 g **400**
Beef bourguignon	**85**	8.9	3.3	4.2	300 g **254**
Beef carpaccio	**271**	15.2	23	0.6	100 g **271**
Beef stew	**107**	8.8	5.1	5	300 g **321**
Beef stroganoff	**150**	10.1	9.3	5.5	250 g **375**
Beef Wellington	**356**	16.3	25.5	14.8	250 g **890**
Bibimbap	**76**	5.5	2.4	7	400 g **304**
Biscuits and gravy	**224**	6.2	14.7	16.2	250 g **560**
Black beans and rice	**182**	5.8	7.1	18.8	250 g **455**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
BLT sandwich	**231**	10.9	7.5	28	1 piece · 180 g **416**
Bombay potatoes	**118**	1.8	6.7	12.6	200 g **236**
Borscht	**49**	2.4	2.1	4.5	300 g **147**
Bruschetta	**171**	4.3	7.6	19.8	1 piece · 40 g **68**
Buffalo wings	**267**	17	20	5	150 g **401**
Burger	**260**	13	12	24.3	1 piece · 220 g **572**
Burrito	**219**	11.1	8.5	21.4	1 piece · 250 g **548**
Burrito bowl	**155**	12.5	5	14	350 g **543**
Butter chicken	**208**	13.3	15.4	4	300 g **624**
Cabbage rolls	**105**	6.5	5.5	6.7	1 piece · 150 g **158**
Caesar salad	**150**	9	10	4.2	250 g **375**
California roll	**94**	2.9	0.7	17.4	1 piece · 30 g **28**
Calzone	**343**	14.8	17.7	29.9	1 piece · 250 g **858**
Cannelloni	**191**	9.8	10.1	14.3	300 g **573**
Caprese salad	**205**	10.5	17.1	2.3	200 g **410**
Carnitas	**271**	24.6	18.3	0	120 g **325**
Cashew chicken	**160**	18.4	7	4.5	300 g **480**
Ceviche	**63**	10.5	0.8	3.1	150 g **95**
Chana masala	**109**	5.9	3.5	13.2	250 g **273**
Cheese fondue	**231**	16.2	17.2	2.6	150 g **347**
Cheese ravioli	**173**	7.4	6.3	21	200 g **346**
Cheese tortellini	**236**	10.4	5.6	34.6	200 g **472**
Cheeseburger	**296**	17.9	16.1	18.1	1 piece · 210 g **622**
Cheesecake	**321**	5.5	22.5	25	120 g **385**
Chicken and mushroom pie	**202**	13.6	10.4	13.2	250 g **505**
Chicken balti	**105**	10.5	5	4.5	300 g **315**
Chicken biryani	**104**	7.2	2.4	12.4	300 g **312**
Chicken chow mein	**147**	8.5	7.2	12.1	350 g **515**
Chicken cordon bleu	**210**	22.6	9.2	8.7	1 piece · 200 g **420**
Chicken enchiladas	**178**	10	9	12.3	250 g **445**
Chicken fajitas	**206**	11.3	9.8	16.5	250 g **515**
Chicken Kiev	**280**	21.3	19.2	5.3	1 piece · 180 g **504**
Chicken korma	**127**	14.6	5.1	4.3	300 g **381**
Chicken mole	**137**	19	5.6	2.9	250 g **343**
Chicken noodle soup	**53**	3.8	1.4	5.5	300 g **159**
Chicken nuggets	**307**	15.9	20.4	14	1 piece · 17 g **52**
Chicken parmesan	**174**	16.3	8.3	7.5	250 g **435**
Chicken pot pie	**255**	9.2	13.5	21.9	250 g **638**
Chicken salad	**219**	6.5	20.6	1.6	100 g **219**
Chicken satay	**191**	21.7	10.3	2.8	1 piece · 30 g **57**
Chicken tenders	**271**	19.2	13.9	16.1	1 piece · 30 g **81**
Chicken tikka masala	**156**	12.4	9.8	4.6	300 g **468**
Chicken vindaloo	**192**	18.5	12.5	2.5	300 g **576**
Chilaquiles	**195**	10.6	10.7	12.8	250 g **488**
Chiles rellenos	**228**	7.8	17.2	9.7	1 piece · 150 g **342**
Chili con carne	**118**	9.8	4.3	7.3	300 g **354**
Clam chowder	**93**	3.1	4.8	8.3	300 g **279**
Clear broth	**6**	0.9	0.2	0.2	300 g **18**
Club sandwich	**222**	15.1	7.5	22.1	1 piece · 250 g **555**
Cobb salad	**93**	11.3	4.3	1.4	250 g **233**
Coleslaw	**117**	0.9	8	8.6	150 g **176**
Congee	**58**	4.3	1.3	6.9	300 g **174**
Coq au vin	**133**	13	7	4	300 g **399**
Corn dog	**250**	8.6	12	26	1 piece · 100 g **250**
Coronation chicken	**362**	16.6	31.4	3.3	100 g **362**
Country-fried steak	**306**	19.9	21.1	7.6	180 g **551**
Crab cakes	**155**	20.2	7.5	0.5	1 piece · 60 g **93**
Croque-monsieur	**273**	11.3	12.9	26.8	1 piece · 150 g **410**
Cuban sandwich	**228**	15.9	10.7	15.5	1 piece · 250 g **570**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Curry	**107**	6.5	6.5	5.1	250 g **268**
Dal	**145**	8.6	4.3	11.7	250 g **363**
Dan dan noodles	**211**	8.3	12	15.9	300 g **634**
Deviled eggs	**198**	11.5	15.9	1.1	1 piece · 30 g **59**
Dolmas	**228**	8.2	17	8.2	1 piece · 30 g **68**
Dumplings steamed	**113**	6.9	4.6	9.9	1 piece · 25 g **28**
Egg drop soup	**27**	1.2	0.6	3.9	300 g **81**
Egg foo young	**137**	12.8	7.4	4.5	200 g **274**
Egg muffins (baked egg cups)	**136**	10.6	9.3	1.8	1 piece · 60 g **82**
Egg rolls	**272**	7.6	14.7	25	1 piece · 80 g **218**
Egg salad	**257**	10.3	23.1	1	100 g **257**
Eggplant parmesan	**155**	7	10.5	7.1	250 g **388**
Eggs Benedict	**288**	13.8	22.1	7.9	1 piece · 125 g **360**
Elote	**183**	4.3	12.5	14.8	1 piece · 150 g **275**
Falafel	**333**	13.3	17.8	31.8	1 piece · 17 g **57**
Fattoush	**91**	1.6	6	7.4	200 g **181**
Fettuccine Alfredo	**162**	4.5	6.1	21.4	300 g **485**
Filipino adobo	**181**	17.7	7.9	8.7	350 g **634**
Fish and chips	**224**	8.8	10.9	22	350 g **785**
French onion soup	**108**	5.5	4.5	10.7	300 g **324**
Fresh spring rolls	**112**	5.7	2.6	15.3	1 piece · 70 g **78**
Fried chicken	**241**	19.1	15.1	5.8	1 piece · 100 g **241**
Fried rice	**165**	4	5.5	23.9	250 g **413**
Frittata	**160**	9.4	12.3	2.5	200 g **320**
Full English breakfast	**160**	8.9	9.4	9.9	330 g **529**
Gazpacho	**26**	0.8	0.6	3.5	300 g **78**
General Tso's chicken	**295**	12.9	16.4	23.1	250 g **738**
German potato salad	**108**	2.9	3.2	15.3	200 g **216**
Gnocchi	**135**	2.4	6.3	16.2	200 g **270**
Goulash	**145**	13	9	2.2	250 g **363**
Greek salad	**110**	3.5	9	3	200 g **220**
Green bean casserole	**56**	2	2.2	5.2	150 g **84**
Green papaya salad	**68**	2.4	2.2	10	200 g **136**
Grilled cheese	**343**	11	20.8	26.9	1 piece · 130 g **446**
Grits	**71**	1.2	1.8	11.5	250 g **178**
Gumbo	**89**	8.2	3.4	5.7	350 g **312**
Gyro	**184**	11.2	6.8	17.8	1 piece · 250 g **460**
Gyudon	**145**	3	3.3	24.7	370 g **536**
Haggis	**310**	10.7	21.7	17.4	150 g **465**
Hainanese chicken rice	**132**	11.1	2.5	14.7	390 g **516**
Hash browns	**190**	1.9	12.3	17	1 piece · 60 g **114**
Herring under a fur coat	**190**	6	15	5.8	150 g **285**
Hot and sour soup	**39**	2.6	1.2	3.9	300 g **117**
Hot dog	**260**	10	15	22	1 piece · 150 g **390**
Huevos rancheros	**121**	6.7	6.7	7.2	300 g **363**
Hush puppies	**296**	6.2	13.3	37.3	1 piece · 20 g **59**
Irish stew	**117**	8.2	6.4	5	300 g **351**
Jambalaya	**161**	13.8	8	8	300 g **483**
Japanese curry	**140**	2.5	4	22.2	350 g **490**
Jerk chicken	**235**	20	15.5	2.5	200 g **471**
Jollof rice	**147**	2.2	6.3	19.6	300 g **441**
Katsu sando	**313**	13.4	16.8	27.5	1 piece · 200 g **626**
Kimbap	**144**	4.6	3.7	21.7	1 slice · 21 g **30**
Kimchi fried rice	**171**	4.8	8.1	19	330 g **565**
Korean fried chicken	**279**	13.7	16.3	19.1	200 g **558**
Kung pao chicken	**129**	9.8	7	5.4	250 g **323**
Laksa	**108**	5.1	6.8	6.9	550 g **594**
Lamb biryani	**195**	7.1	9.2	19.1	350 g **683**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Lamb rogan josh	**149**	14.4	9.1	3.7	300 g **447**
Lasagne	**139**	7.5	5	14.6	300 g **417**
Lemon chicken	**150**	16.9	6.2	6.6	250 g **375**
Lentil soup	**60**	3.8	0.7	6.5	300 g **180**
Lo mein	**121**	4.8	2.4	18.9	300 g **363**
Lobster roll	**234**	12.2	12.4	17.7	1 piece · 180 g **421**
Mac and cheese	**223**	8.7	10.5	21.9	250 g **558**
Malai kofta	**232**	6.2	17.6	12.2	250 g **579**
Manicotti	**160**	8.8	7.3	14.3	300 g **480**
Mapo tofu	**104**	7.8	6.8	1.9	250 g **260**
Matzo ball soup	**73**	3.1	2	9.8	350 g **256**
Meatballs	**190**	11	12	8.4	200 g **380**
Meatloaf	**199**	17.5	10.7	6.8	1 slice · 100 g **199**
Mexican rice	**149**	2.4	4.3	24.1	200 g **297**
Minced meat cutlets	**240**	15	17	8.5	1 piece · 90 g **216**
Minestrone	**40**	1.7	0.5	5.8	300 g **120**
Miso soup	**24**	2.2	0.8	1.7	250 g **60**
Moussaka	**147**	5.8	10.8	5.2	300 g **441**
Mozzarella sticks	**325**	14.8	18.3	23.1	1 piece · 20 g **65**
Mushroom soup	**74**	2.1	4.8	4.5	300 g **222**
Nachos	**265**	7.6	15.8	22.1	150 g **398**
Nasi goreng (Indonesian fried rice)	**158**	7.1	6.3	17.1	380 g **601**
Okonomiyaki	**165**	5.2	9.6	13.3	1 piece · 250 g **411**
Olivier salad	**198**	5.5	16.7	5.1	150 g **297**
Omelette	**154**	10.6	11.7	1.6	150 g **231**
Onion rings	**352**	4.2	19.8	37.3	100 g **352**
Orange chicken	**262**	14.5	12.7	21.7	250 g **655**
Overnight oats	**160**	6.8	3.8	21.6	250 g **399**
Pad see ew	**135**	6.4	5.2	14	350 g **474**
Pad thai	**154**	8.1	7.5	13.2	300 g **462**
Paella	**148**	7.9	4.9	17.1	300 g **444**
Pakoras	**125**	4.9	4.8	13	100 g **125**
Palak paneer	**101**	5.4	7	3.4	250 g **253**
Pancakes	**220**	6	9	28.4	1 piece · 45 g **99**
Paneer butter masala	**250**	10.7	20.9	5	250 g **624**
Pasta bake	**179**	7.1	9.2	16.4	250 g **448**
Pasta e fagioli	**91**	3.7	3.4	9	350 g **317**
Pasta salad	**211**	7.7	10.6	19.6	200 g **422**
Pasta with sauce	**106**	3.7	1.2	18.1	300 g **318**
Patatas bravas	**199**	2.3	14.2	14.2	200 g **397**
Pav bhaji	**124**	2.5	6.4	13	300 g **372**
Pea and ham soup split pea soup with smoked meat	**80**	5.6	2.4	5.8	350 g **280**
Peanut butter and jelly	**361**	11.4	16.6	42.4	1 piece · 100 g **361**
Peking duck	**154**	5.3	11.8	6.2	200 g **308**
Pepperoni pizza	**282**	11.7	11.9	29.7	1 slice · 110 g **310**
Peri-peri chicken	**247**	21.1	17.3	0.7	250 g **618**
Pho	**77**	5.8	3.3	5.2	450 g **347**
Pierogi	**148**	4.4	2.8	25.1	200 g **296**
Pigs in blankets	**381**	22.8	31.3	1.4	1 piece · 25 g **95**
Pilaf	**160**	7	6	19.3	300 g **480**
Pizza	**250**	11	9.5	28.7	1 slice · 110 g **275**
Poha	**168**	3.4	7.2	21.3	250 g **421**
Poke bowl	**172**	7.5	7.8	16.4	350 g **602**
Pork pie	**370**	9.9	26	23.4	1 piece · 140 g **518**
Pot roast	**251**	28.4	15.3	0	150 g **377**
Potato pancakes	**196**	4.5	10.8	18.4	1 piece · 60 g **118**
Potato salad	**168**	1.5	11.1	14.3	150 g **252**
Potato soup	**90**	1.5	4.7	9.3	350 g **315**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Poutine	**213**	7.7	12	18.1	350 g **745**
Pozole	**43**	3.4	1.2	3.7	350 g **151**
Protein pancakes	**237**	14.5	7.5	24.6	1 piece · 45 g **106**
Pulled pork sandwich	**243**	15	8.8	24.1	1 piece · 220 g **535**
Pumpkin soup	**72**	1.1	4.7	5.4	300 g **216**
Quesadilla	**287**	14.4	13	25.4	200 g **574**
Quinoa salad	**139**	4	7.8	11.6	250 g **347**
Rajma	**106**	4.7	5.6	9.3	250 g **265**
Ramen	**127**	7.1	4.6	13.1	450 g **572**
Ratatouille	**53**	1.2	3.1	5	250 g **133**
Refried beans	**90**	5	2	9.8	150 g **135**
Reuben sandwich	**282**	10	19.4	14.2	1 piece · 250 g **705**
Ropa vieja	**157**	17.7	8.1	1.6	250 g **393**
Rösti	**182**	2.4	8.3	22.5	150 g **273**
Saag aloo	**110**	2.2	8.2	7	200 g **220**
Salade niçoise	**123**	7.3	8.5	3.7	300 g **370**
Samosas	**310**	5.1	17.5	31.4	1 piece · 80 g **248**
Scalloped potatoes	**109**	3.4	4.2	14.5	200 g **218**
Schnitzel	**271**	22.9	14.1	12.6	1 piece · 150 g **407**
Scotch eggs	**241**	12	16	11.9	1 piece · 110 g **265**
Sesame chicken	**293**	14.3	14.3	26.2	250 g **733**
Sesame prawn toast	**382**	12.9	29.8	15.4	1 piece · 20 g **76**
Shakshuka	**117**	5.5	9.5	1.6	250 g **291**
Shawarma	**215**	10	11	18	350 g **753**
Shepherd's pie	**123**	7.6	6.3	7.2	300 g **369**
Shish kebab	**230**	20	16	0.2	200 g **460**
Shrimp scampi	**192**	15.4	13	2.1	200 g **384**
Shrimp tempura	**194**	20	10.3	6.5	1 piece · 30 g **58**
Shumai (steamed pork dumplings)	**191**	9.1	9.2	15.9	1 piece · 20 g **38**
Sloppy joe	**185**	11.3	6.4	18.9	1 piece · 200 g **370**
Souvlaki	**124**	13.9	5.2	4.3	1 piece · 100 g **124**
Spaghetti bolognese	**125**	5.9	2.6	17.6	300 g **375**
Spaghetti carbonara	**164**	6.1	7.9	15.8	300 g **492**
Spanish tortilla	**165**	5.6	9.9	11.7	1 slice · 120 g **198**
Spring rolls meat spring rolls (fried)	**242**	6.5	16.4	17	1 piece · 50 g **121**
Steak and kidney pie	**243**	17	13.1	13.9	250 g **608**
Stuffed mushrooms	**288**	10.7	15	24.7	1 piece · 30 g **86**
Stuffed peppers	**95**	5.5	4.5	7.3	1 piece · 200 g **190**
Stuffed shells	**158**	8.5	6.5	15.6	300 g **474**
Sushi	**150**	6	3	24	1 piece · 30 g **45**
Sweet and sour chicken	**250**	10.1	12.7	22.9	250 g **625**
Sweet and sour pork	**260**	8.9	13.6	24.5	250 g **650**
Sweet potato casserole	**210**	2.2	9.3	28.4	150 g **315**
Sweet potato fries	**192**	2.3	9.4	31.4	150 g **288**
Tabbouleh	**127**	1.6	9.7	7.8	150 g **191**
Taco salad	**179**	7.5	9.3	13.6	300 g **537**
Tacos	**246**	15.3	13.6	13.4	1 piece · 100 g **246**
Takoyaki	**157**	7	7.1	15.6	1 piece · 25 g **39**
Tamales	**174**	7.4	9	13.4	1 piece · 130 g **226**
Tandoori chicken	**214**	27.4	10.8	1.9	200 g **428**
Taquitos	**269**	12.5	10.4	28.3	1 piece · 40 g **108**
Teriyaki chicken	**163**	25.7	6	1.6	250 g **408**
Thai basil chicken	**177**	19.8	8.3	4.4	170 g **301**
Thai curry	**119**	8.8	8.7	1.4	300 g **357**
Toad in the hole	**285**	12	17.9	18.5	250 g **713**
Tom kha gai	**87**	4.6	7	2.4	350 g **304**
Tom yum soup	**22**	3.1	0.3	1.9	350 g **78**

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Tomato soup	**70**	1.2	4.7	5.4	300 g **210**
Tostada	**157**	6.2	6.8	15.6	1 piece · 120 g **188**
Tteokbokki	**131**	4.1	4	18.8	250 g **328**
Tteokguk	**99**	4.3	1.2	16.1	450 g **446**
Tuna melt	**296**	11.7	17	23.1	1 piece · 180 g **533**
Tuna salad	**194**	10.1	15.8	2.5	150 g **291**
Upma	**87**	2	2.6	12.5	250 g **218**
Vegetable soup	**27**	0.8	0.5	4.1	350 g **95**
Waffles	**290**	7.9	14	30.5	100 g **290**
Wonton soup	**33**	2.4	1.3	2.6	300 g **99**
Wrap sandwich	**232**	12.8	9.4	21.8	1 piece · 250 g **580**
Yakisoba (Japanese fried noodles)	**161**	4.5	7.9	16.6	300 g **482**
Yakitori	**172**	26	3.3	9.3	1 piece · 30 g **52**

Snacks, spices and more

FOOD	KCAL	P	F	C	USUAL PORTION, KCAL
Alfredo sauce	**150**	2.1	15	1.8	1 tbsp · 16 g **24**
Black pepper	**251**	10.4	3.3	38.6	1 tsp · 2 g **5**
Cayenne pepper	**376**	12	17.3	29.4	1 tsp · 2 g **8**
Cinnamon	**247**	4	1.2	27.5	1 tsp · 3 g **7**
Coconut milk	**197**	2	21.3	2.8	100 g **197**
Cranberry sauce	**159**	0.9	0.1	39.3	1 tbsp · 20 g **32**
Cumin	**427**	17.8	22.3	33.7	1 tsp · 2 g **9**
Curry powder	**301**	14.5	14	2.6	1 tsp · 2 g **6**
Dried oregano	**265**	9	4.3	26.4	1 tsp · 1 g **3**
Fish sauce	**35**	5.1	0	3.6	1 tbsp · 18 g **6**
Garam masala	**379**	15.6	15.1	45.2	1 tsp · 2 g **8**
Garlic powder	**344**	16.7	0.8	62.8	1 tsp · 3 g **10**
Granola bars	**471**	10.1	19.8	59.1	1 piece · 25 g **118**
Ground ginger	**335**	9	4.2	58.3	1 tsp · 2 g **7**
Guacamole	**155**	1.9	14.2	1.9	1 tbsp · 15 g **23**
Hoisin sauce	**220**	3.3	3.4	41.3	1 tbsp · 16 g **35**
Lemon juice	**22**	0.3	0.2	6.6	1 tbsp · 15 g **3**
Miso paste	**198**	12.8	6	20	1 tbsp · 17 g **34**
Mycoprotein	**92**	13.4	2.3	1.6	100 g **92**
Nutmeg	**507**	5.3	36.3	28.5	1 tsp · 2 g **10**
Nutritional yeast	**334**	40.4	4.5	21.8	1 tbsp · 5 g **17**
Oyster sauce	**51**	1.4	0.3	10.6	1 tbsp · 18 g **9**
Paprika	**282**	14.1	12.9	19.1	1 tsp · 2 g **6**
Pico de gallo	**17**	0.7	0.1	2.6	1 tbsp · 15 g **3**
Plant-based mince	**167**	14.8	8.4	5	100 g **167**
Popcorn	**387**	12.9	4.5	63.3	30 g **116**
Potato chips (crisps)	**532**	6.4	34	50.7	30 g **160**
Pretzels	**384**	10	2.9	77	30 g **115**
Protein bars	**412**	30.3	15.2	31.1	1 piece · 50 g **206**
Saffron	**352**	11.4	5.8	61.5	1 g **4**
Salt	**0**	0	0	0	1 tsp · 6 g **0**
Seaweed snacks	**301**	40	3.5	13.5	1 pack · 5 g **15**
Seitan	**134**	20.6	2.5	6.7	100 g **134**
Spirulina dried spirulina	**290**	57.5	7.7	20.3	1 tsp · 3 g **9**
Sriracha	**93**	1.9	0.9	17	1 tsp · 6 g **6**
Tempeh	**192**	20.3	10.8	7.6	100 g **192**
Teriyaki sauce	**89**	5.9	0	15.5	1 tbsp · 18 g **16**
Tofu	**144**	17.3	8.7	0.5	100 g **144**
Turmeric	**312**	9.7	3.3	44.4	1 tsp · 3 g **9**
TVP (textured vegetable protein)	**150**	18.6	2.9	7	100 g **150**
Tzatziki	**91**	5.2	6	3.9	1 tbsp · 15 g **14**
Vanilla extract	**240**	0.1	0	2.4	1 tsp · 4 g **10**
Vegan burger	**197**	18	11.1	4.1	1 piece · 110 g **217**
Vegan sausages	**229**	13.4	16.3	5.7	1 piece · 50 g **115**
Wasabi	**292**	2.2	10.9	40	1 tsp · 5 g **15**
Yeast extract	**180**	40.7	0.4	3.3	1 tsp · 5 g **9**

About this chart

Each row is the main food of its page on 17 Fit, raw or cooked as its name says. Carbohydrates don't include fibre. Values are averages: a brand's product can differ, so check its label.

Sources: USDA FoodData Central: SR Legacy 2018-04 + FNDDS 2024-10 (CC0); ANSES CIQUAL 2020 (Licence Ouverte / Etalab); Fineli Release 20, THL Finland (CC-BY 4.0); McCance and Widdowson's CoFID 2021, Public Health England (Open Government Licence v3.0); Swiss Food Composition Database V 7.1, FSVO; Standard Tables of Food Composition in Japan 2020 (8th ed.), MEXT; Bundeslebensmittelschlüssel (BLS) 4.0, Max Rubner-Institut (CC BY 4.0); Livsmedelsdatabasen, Swedish Food Agency (CC BY 4.0); Danish Food Composition Database (Frida) 6.1, DTU Food (CC BY 4.0)

Online, with each food's full page: https://17-fit.app/en/calories/calorie-chart-pdf