

Some food items are with estimated values to guide you with best possible calorie calculation.

Food Item	Serving Size	MACROS (G)			Total Calories (Cal)
		Carbs	Fats	Protein	
5 star	100g	74	16.4	1.8	449
5 star	1 bar (19.5g)	15	3.5	0.3	90
Aata (raw)	100g	72	2.5	13	375
Agave Syrup	100g	77	0	0	310
Almond Butter	100g	19	56	21	614
Almond Flour	100g	21	50	21.5	571
Almond Milk	100g	0.59	1.51	0.64	17
Almonds	100g	19.74	50.6	21.26	578
Aloo Bhujia	100g	46	38	9	562
Amaranth	100g	67	7	15	371
American Cheese	100g	3.7	32	18	371
Amul Brownie ice cream	100g	28.2	12.8	4.4	245
Amul butter	100g	0	80	0.5	722
Amul butterscotch icecream	100g	26.8	14.6	4.1	255
Amul caramel chocolate tub	100g	24.1	12.2	3.5	220
Amul Cassata	100g	27.5	12	3.7	233
Amul cheese slice	100g	1.4	25	20	310
Amul choocolate magic	100g	27.4	16.4	3.7	272
Amul choco chip	100g	28.3	14	4.1	255
Amul cookies and cream tub	100g	25.1	12.9	3.8	231
Amul Fresh Cream	100g	3	25	2	246
Amul ice-cream sandwhich	100g	37	9.5	4.4	243
Amul Lassi	100g	12	2	2	79
Amul vanilla magic	100g	21.8	13	3.7	219
Anchovies Tinned	100g	0	10	29	210
Anchovy Paste	100g	0	23	13	267
Anjeer Barfi	100g	51	17	12	405
Apple Cider Vinegar	100g	1	0	0	22
Apples	100g	14g	0	0	52
Applesauce	100g	17	0	0	68
Apricots Raw	100g	11	0	1	48

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Shrikhand	100g	42	5	5.3	234
Snap Sugar Peas	100g	6.9	0.4	3.5	42.5
Soan Papdi	100g	66	26.4	6.6	528
Solid Masti	100g	58	28	8	527
Soya Chaap	100g	53	11	31	435
Soya Chunks	100g	33	0.5	52	345
Soya Sticks	100g	45	38	7.5	554
Soybean Oil	100g	0	100	0	884
Spelt	100g	70	2.4	15	33.8
Spinach	100g	3.8	0.3	3	23
Splenda	100g	100	0	0	400
Sports Drinks	100g	27	0	0	114
Sprinkles	100g	70	28	0.1	526
Strawberry Jelly	100g	70	0	0.1	266
Strawberry	100g	8	0.3	0.7	33
Strawberry Icecream	100g	23	8.4	3.2	192
Sugar Brown	100g	9.8	0	0	38
Sugar-Free Dark Chocolate	100g	57.3	33.7	6	475
Sugar-Free Jam	100g	53	0.3	0.3	132
Sugar-Free Jelly	100g	4.2	0	0.8	20.1
Sugarcane Juice	100ml	73	0	0	269
Sugary Cereal	100g	73	6.7	12	376
Sunfeast Titee Noddles	100g	78	1	14	372
Sunflower Kernels Shelled	100g	15	50	19	546
Sunflower Salt	100g	0	0	0	0
Sweet Lime	100g	5	1	22	127
Sweet Lime	100g	5	1	22	127
Sweet Peppers	100g	5	0	1	25
Sweet Potato	100g	20	0.1	1.6	86
Taco Bowls	100g	20	9.8	9.3	206
Tamarind	100g	62.5	0.6	2.8	239
Tandoori Mayo (VEEBA)	100g	12.6	21.5	3.1	256.6

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Tandor Roti	100g	46	9.2	7.9	299
Tea	100ml	2.8	0.46	0.52	17
Teff	100g	19.86	0.65	3.87	101
Thyme	100g	24	1.7	6	101
Tiramisu	100g	24	18.2	4.77	283
Toaster Strudel	100g	50	14	6	340
Toffee	100g	65	33	1.1	560
Tofu	100g	1.9	4.8	8	76
Tomatillo	100g	5.8	1	1	32
Tomato Juice	100g	4.2	0.1	0.8	17
tomato ketchup	100g	31	0	1.2	133
Tomatoes Red Raw	100g	3.9	0.2	0.9	18
Tortillas	100g	45	2.9	6	218
Tostitos Salsa Con Queso	100g	11.72	8.26	2.9	133
Totino's Pizza Rolls	100g	36	9.4	6	247
Trifle With Cream	100g	21.5	7.9	2.7	167
Tropicana	100g	10.3	0	0.7	45
Tuna Fish	100g	0	1.3	28	132
Uncle chips plain salted	100g	50.2	37.5	7	566
Uncle chips spicy treat	100g	52.7	35	7	554
Urad Dal	100g	59	1	25	341
Vanilla Extract	100g	12.7	0	0	288
Vanilla Ice Cream	100g	24	11	3.5	207
Vegetable Oil	100g	0	100	0	884
Veggie Burgers	100g	14.4	6.3	15.7	177
Velveeta	100g	9.8	22.3	16.6	303
Vermicelli	100g	82	0.1	0.1	331
Vinegar Cider	100g	1	0	0	22
Vinegar Distilled	100g	0	0	0	18
Vodka	100g				231
Waffle	100g	33	14	7.9	291
Walnuts	100g	14	65	15	654