

AI Nutritionist App

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Analyze Food & Calculate Calories

Nutrition Analysis:

1. Lettuce - 5 calories
2. Bell pepper - 30 calories
3. Tomatoes - 25 calories
4. Red cabbage - 11 calories
5. Sweet potato - 103 calories
6. Avocado - 160 calories
7. Chickpeas - 269 calories
8. Dressing - 100 calories

Total Calories: 703 calories



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Analyze Food & Calculate Calories

Nutrition Analysis:

1. Hard-boiled egg - 78 calories
2. Whole wheat bread - 80 calories
3. Tomatoes - 16 calories
4. Mozzarella cheese - 87 calories
5. Basil leaves - 2 calories

Total Calories: 263 calories

