

Baked Goods, Dry
Baked Goods, Wet
Dairy
Flours
Fruit
Grains & Cereals
Herbs & Spices
Legumes
Meat & Poultry
Milks
Miscellaneous
Nuts & Seeds
Oils & Syrups
Sauces & Condiments
Seafood
Vegetables

16 Catagories
14 Catagories
430
65

<u>Baked Goods, Dry</u>	g/tbsp
Baking Powder	13.80
Baking Soda	13.80
Cacao Nibs	160 g/cup
Cocoa Powder	100 g/cup
Cornmeal	157 g/cup
Cornstarch	8.00
Cream of Tartar	9.00
Guar Gum	10.00
Powdered, Buttermilk	7.85
10 Powdered, Instant Coffee	3.00
Powdered, Milk	8.00
Powdered, Pudding Mix	3.00
Salt, Flake	7.50
Salt, Kosher Coarse	12.00
Salt, Table	18.25
Sugar, Brown	210 g/cup
Sugar, Confectioner's	113.5 g/cup
Sugar, Granulated	198 g/cup
Sugar, Powdered	120 g/cup
20 Sugar, Superfine	200 g/cup
Sugar, White	198 g/cup
Xanthan Gum	6.90
Yeast	10.00

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<u>Baked Goods, Wet</u>	g/cup
Almond Extract	12.6 g/tbsp
Cocoa Butter	218.00
Coconut Cream	260.00
Coconut Milk	241.00
Condensed Milk	308.00
Egg, Large White	38.00
Egg, Large Whole	56.00
Egg, Large Yolk	18.00
Evaporated Milk	240.00
Sweetened Condensed Milk	306.00
Vanilla Extract	14 g/tbsp
Lemon Extract	12.6 g/tbsp

<u>Dairy</u>	g/cup
Asiago, Shredded	112.000
Blue Cheese	245.438
Boursin	232.000
Butter	226.000
Cheddar	113.000
Clotted Cream	226.667
Cotija	120.000
Cottage Cheese	225.000
Cream Cheese	228.000
Feta	114.000
Gorgonzola	112.000
Grated Cheese	113.000
Gruyere	216.563
Havarti	112.000
Heavy Cream	238.400
Kefir	248.000
Limburger	134.000
Mascarpone	240.000
Monterey Jack	113.000
Mozzarella	113.000
Neufchâtel	240.000
Paneer	122.000
Parmesan, Grated	100.000
Provolone	245.438
Queso Blanco	118.000
Queso Fresco	122.000
Ricotta	227.000
Ricotta Salaita	122.000
Roquefort	245.000
Sour Cream	248.000
Stracchino	224.000
Swiss Cheese	113.000
Whipping Cream	240.000
Yogurt	245.000

<u>Flours</u>	g/cup
All-Purpose Flour	130.00
Almond Flour	96.00
Amaranth Flour	103.00
Arrowroot Flour	128.00
Barley Flour	85.00
Bread Flour	139.00
Buckwheat Flour	120.00
Cake Flour	137.00
Chickpea Flour	92.00
Coconut Flour	144.00
Corn Flour	114.00
Gluten-Free Flour	148.00
Graham Flour	122.00
Masa Flour	114.00
Millet Flour	119.00
Oat Flour	104.00
Pastry Flour	105.00
Pizza 00 Flour	116.00
Potato Flour	170.00
Pumpkinseed Flour	227.00
Rice Flour, Brown	137.00
Rice Flour, White	155.00
Rye Flour	108.00
Self-Rising Flour	125.00
Semolina Flour	167.00
Sorghum Flour	121.00
Spelt Flour	120.00
Tapioca Flour	120.00
Whole Wheat Flour	120.00

<u>Fruit</u>	g/cup
Apple	125.00
Apricot, Chopped	190.00
Avocado	150.00
Banana, Mashed	225.00
Blackberries	144.00
Blueberries	148.00
Cantaloupe Mellon	156.00
Cherries	103.00
Coconut	80.00
Dates, Chopped	147.00
Dragon fruit	227.00
Elderberries	145.00
Grapefruit	230.00
Grapes	92.00
Guava	165.00
Honeydew Mellon	170.00
Kiwi	177.00
Lemon	212.00
Longan	180.00
Lychee	190.00
Mango	165.00
Mangosteen	196.00
Mulberries	140.00
Nectarine	143.00
Orange	217.00
Papaya	140.00
Passion Fruit	236.00
Peach	154.00
Pear	150.00
Persimmon	168.00
Pineapple	173.25
Plum	150.00
Pomegranate	174.00
Raspberries	134.00
Starfruit	120.00
Strawberries	152.00
Watermelon	152.00

<u>Grains & Cereals (Uncooked)</u>	g/cup
Amaranth	245.00
Barley	157.00
Buckwheat	170.00
Bulgar	160.00
Cornmeal	122.00
Couscous	173.00
Cream of Wheat	240.00
Farina	176.00
Farro	240.00
Freekeh	243.00
Granola	122.00
Grits	156.00
Hemp Seeds	160.00
Instant Oats	177.00
Millet	103.00
Muesli	85.00
Oats	81.00
Polenta	163.00
Quinoa	170.00
Rice Noodles	140.00
Rice, Brown	190.00
Rice, White	185.00
Rice, Wild	160.00
Rye	169.00
Spelt	174.00
Teff	193.00
Wheat	192.00
Wheat Bran	64.00
Wheat Germ	112.00

<u>Herbs & Spices</u>	g/tbsp
Allspice	6.000
Anise	6.700
Basil, Dried	2.100
Basil, Raw	1.500
Bay Leaves	1.800
Black Pepper	6.900
Caraway Seed	6.700
Cardamom	5.800
Celery Salt	12.600
Celery Seed	6.500
Chervil	1.900
Chili Flakes	5.400
Chili Powder	8.100
Chinese Five Spice	6.900
Cinnamon	7.800
Cloves	6.500
Coriander	5.000
Cumin	6.000
Curry Leaves	0.375
Curry Powder	6.300
Dill Seed	6.600
Dill Weed	3.100
Fennel	5.800
Fenugreek	11.100
Garlic Powder	9.700
Ginger, Ground	5.200
Ginger, Raw	6.000
Juniper Berries	6.900
Lavender	2.800
Lemon Zest	6.000
Lime Zest	6.000
Mace	5.200
Marjoram	1.700
Mustard Powder	6.000
Mustard Seed	6.200
Nutmeg	6.800
Onion Powder	6.900
Oregano, Ground	5.400
Oregano, Leaves	3.000
Paprika	6.850
Pepper, Black	6.900
Pepper, Red	5.300
Pepper, White	7.100
Peppercorns, Red	8.700
Peppercorns, Sichuan	10.000
Rosemary, Dried	3.300
Rosemary, Fresh	1.900
Saffron	2.100
Sage	2.100
Sumac	8.100
Tamarind	7.500
Tarragon, Dried	1.800
Tarragon, Fresh	2.400
Thyme, Dried	4.250
Thyme, Fresh	2.400
Turmeric	9.400
Wasabi Paste	5.000
Wasabi Powder	6.000
Za'atar	4.200

<u>Legumes (Dry/Raw)</u>	<u>g/cup</u>	<u>Meat & Poultry</u>	<u>g/cup</u>	<u>Milks</u>	<u>g/cup</u>	<u>Miscellaneous</u>	<u>g/cup</u>	<u>Nuts & Seeds</u>	<u>g/cup</u>	<u>Oils & Syrups</u>	<u>g/tbsp</u>	<u>Sauces & Condiments</u>	<u>g/tbsp</u>	<u>Seafood</u>	<u>g/cup</u>	<u>Vegetables (Raw)</u>	<u>g/cup</u>
Adzuki Beans	197.000	Bacon		Buttermilk	244.000	Agar-Agar	5.00 g/tbsp	Almonds	138.000	Agave Syrup	13.750	A1 Sauce	17.000	Abalone		Artichokes	168.000
Anasazi Beans	140.000	Beef		Milk, 2%	244.000	Dried Fruit	180.000	Almonds, Chopped	120.000	Almond Oil	13.625	Aioli	14.080	Anchovies		Asparagus	134.000
Black Beans, Dry	194.000	Beef Ribs		Milk, Almond	248.800	Gelatin	7.00 g/tbsp	Brazil Nuts, Whole	133.000	Avocado Oil	13.625	BBQ Sauce	17.000	Catfish		Beets	136.000
Black Beans, Raw	172.000	Beef Steaks		Milk, Cashew	247.000	Kelp	80.000	Butter, Almond	256.000	Canola Oil	13.456	Buffalo Sauce	14.100	Clams		Bell Peppers	149.000
Cannellini Beans, Dry	202.000	Brisket		Milk, Coconut	244.000	Kombu	80.000	Butter, Cashew	256.000	Coconut Oil	13.625	Caesar Dressing	15.000	Cod		Broccoli	88.000
Cannellini Beans, Raw	179.000	Chicken		Milk, Dat	241.200	Lotus Root	120.000	Butter, Hazelnut	224.000	Corn Oil	13.500	Chili Sauce	15.000	Crab		Broccoli Raab	40.000
Chickpeas, Dry	200.000	Chicken Breasts		Milk, Rice	240.000	Miso	17.00 g/tbps	Butter, Peanut	256.000	Corn Syrup	20.500	Duck Sauce	16.500	Crawfish		Brussels Sprouts	88.000
Chickpeas, Raw	164.000	Chicken Sausage		Milk, Skim	244.000	Nori	80.000	Butter, Sunflower	256.000	Cottonseed Oil	13.625	Fish Sauce	18.000	Cuttlefish		Carrots	110.000
Edamame	155.000	Chicken Thighs		Milk, Soy	243.000	Pickles	155.000	Cashews	137.000	Fish Oil	13.625	Gochujang	32.000	Eel		Cauliflower	107.000
Fava Beans, In Pod	150.000	Chicken Wings		Milk, Whole	244.000	Preserved Lemons	240.000	Chia Seeds	192.000	Flaxseed Oil	13.625	Harissa	14.200	Haddock		Celery	120.000
Fava Beans, Raw	150.000	Chorizo				Seaweed	80.000	Coconut, Shredded	93.000	Grapeseed Oil	13.625	Hoisin Sauce	16.000	Herring		Chard	36.000
Garbanzo Beans, Dry	200.000	Corned Beef				Seltan	257.600	Flax Seeds	168.000	Hazelnut Oil	13.625	Hot Sauce	15.000	King Crab		Cucumber	119.000
Garbanzo Beans, Raw	164.000	Duck				Tamarind	120.000	Hazelnuts	135.000	Honey	21.118	Ketchup	17.000	Langoustine		Daikon Radish	154.000
Green Peas	160.000	Foie Gras				Tempeh	166.000	Hazelnuts, Chopped	115.000	Macadamia Oil	14.000	Lemon Juice	15.000	Lobster		Edamame	93.000
Kidney Beans, Dry	184.000	Goat				Tofu	250.000	Hemp Seeds	160.000	Malt Extract	20.700	Lime Juice	15.000	Mackerel		Eggplant	82.000
Kidney Beans, Raw	177.000	Ground Beef				Wakame	80.000	Lotus Seeds	32.000	Maple Syrup	19.668	Mayonnaise	13.800	Monkfish		Fennel Bulb	87.000
Lentils, Dry	195.000	Ground Pork				Yeast Extract	18.00 g/tbps	Macadamia Nuts	134.000	Margarine	14.000	Miso Paste	15.000	Mussels		Garlic	136.000
Lentils, Raw	198.000	Ham						Macadamia Nuts, Chopped	120.000	Molasses	21.063	Mustard	15.000	Octopus		Green Beans	100.000
Lima Beans, Dry	178.000	Kielbasa						Peanuts	146.000	Olive Oil	13.500	Oyster Sauce	18.000	Oysters		Jicama	13.000
Lima Beans, Raw	188.000	Lamb						Peanuts, Boiled	180.000	Palm Oil	13.500	Pesto	15.250	Prawns		Kale	21.000
Mung Beans	207.000	Lamb Chops						Peanuts, Chopped	144.000	Pecan Oil	14.813	Ranch Dressing	15.000	Salmon		Kohlrabi	135.000
Mung Beans, Sprouted	104.000	Oso Buco						Pecans	99.000	Pistachio Oil	13.530	Relish	15.000	Sardines		Leeks	89.000
Navy Beans	208.000	Pork						Pecans, Chopped	109.000	Poppyseed Oil	13.625	Salsa	18.000	Scallops		Lettuce, Butter	55.000
Pinto Beans, Dry	193.000	Pork Belly						Pine Nuts	135.000	Sesame Oil	13.625	Salsa Verde	15.000	Sea Bass		Lettuce, Romaine	35.000
Pinto Beans, Raw	171.000	Pork Chops						Pistachios	123.000	Soybean Oil	13.500	Soy Sauce	16.000	Sea Urchin		Lettuce, Iceberg	57.000
Runner Beans	150.000	Pork Ribs						Pistachios, Chopped	133.000	Sunflower Oil	14.000	Sriracha	19.500	Shrimp		Mushrooms, Chanterelle	54.000
Soybeans	256.000	Pork Tenderloin						Poppy Seeds	140.800	Truffle Oil	13.500	Tamarind Paste	10.000	Snapper		Mushrooms, Brown	87.000
Split Peas	197.000	Roast Beef						Pumpkin Seeds	122.000	Vegetable Oil	13.625	Teriyaki Sauce	18.000	Sole		Mushrooms, Morel	66.000
Tepary Beans	105.000	Sausage						Sacha Inchi Seeds	112.000	Walnut Oil	13.625	Tomato Paste	16.500	Squid		Mushrooms, Portabella	86.000
		Steak						Sesame Seeds	128.000			Tzatziki	15.000	Tilapia		Mushrooms, Shiitake	89.000
		Turkey						Sunflower Seeds	46.000			Vinegar	14.900	Trout		Mushrooms, White	96.000
		Turkey Legs						Walnuts	120.000			Vinegar, Apple Cider	14.938	Tuna		Okra	100.000
		Veal						Walnuts, Chopped	120.000			Vinegar, Balsamic	15.938			Onions	142.000
								Wasabi Peas	62.000			Vinegar, Red Wine	14.938			Potatoes	150.000
												Vinegar, Rice	14.938			Radishes	116.000
												Worcestershire Sauce	17.118			Rutabaga	140.000
												XO Sauce	18.000			Shallots	160.000
																Spinach	30.000
																Squash, Acorn	140.000
																Squash, Butternut	140.000
																Squash, Summer	113.000
																Squash, Spagetti	101.000
																Corn, Sweet	145.000
																Corn, White	154.000
																Sweet Potatoes	133.000
																Tomatoes	180.000
																Tomatoes, Grape	152.000
																Turnips	130.000
																Zucchini	124.000
																Arugula	20.000