

Baked Goods, Dry	Baked Goods, Dry	g/tbsp	Baked Goods, Wet	g/cup	Dairy	g/cup	Flours	g/cup	Fruit	g/cup	Grains & Cereals	g/cup	Herbs & Spices	g/tbsp
Baked Goods, Wet	Baking Powder	13.80	Almond Extract	12.6 g/tbsp	Asiago, Shredded	112.000	All-Purpose Flour	130.00	Apple, Chopped	125.00	Amaranth	245.00	Allspice	6.000
Dairy	Baking Soda	13.80	Almond Milk	248.800	Blue Cheese	245.438	Almond Flour	96.00	Apricot, Chopped	190.00	Barley	157.00	Anise	6.700
Flours	Cacao Nibs	160 g/cup	Cashew Milk	247.000	Boursin	232.000	Amaranth Flour	103.00	Avocado	150.00	Buckwheat	170.00	Basil, Dried	2.100
Fruit	Chocoatte, Rough Chop	120g/cup	Chocolate, Melted	304.000	Butter	226.000	Arrowroot Flour	128.00	Banana, Mashed	250.00	Bulgar	160.00	Basil, Raw	1.500
Grains & Cereals	Chocolate Chips	170 g/cup	Cocoa Butter	218.00	Buttermilk	244.000	Barley Flour	85.00	Banana, Sliced	220.00	Couscous	173.00	Bay Leaves	1.800
Herbs & Spices	Chocolate Chunks	140g/cup	Coconut Cream	260.00	Cheddar	113.000	Bread Flour	139.00	Blackberries	144.00	Cream of Wheat	240.00	Black Pepper	6.900
Legumes	Chocolate, Fine Chop	180g/cup	Coconut Milk	241.00	Clotted Cream	226.667	Buckwheat Flour	120.00	Blueberries	148.00	Farina	176.00	Caraway Seed	6.700
Meat & Poultry	Chocolate, Grated	100g/cup	Condensed Milk	308.00	Cotija	120.000	Cake Flour	137.00	Cantaloupe Mellon	156.00	Farro	240.00	Cardamom	5.800
Milks	Cocoa Powder	100 g/cup	Egg, Large White	38.00	Cottage Cheese	225.000	Chickpea Flour	92.00	Cherries	103.00	Freekeh	243.00	Celery Salt	12.600
Miscellaneous	10 Cornmeal	122 g/cup	Egg, Large Whole	56.00	Cream Cheese	228.000	Coconut Flour	144.00	Coconut, Desiccated	90.00	Granola	122.00	Celery Seed	6.500
Nuts & Seeds	Cornstarch	8.00	Egg, Large Yolk	18.00	Feta	114.000	Corn Flour	114.00	Coconut, Raw	90.00	Grits	156.00	Chervil	1.900
Oils & Syrups	Cream of Tartar	9.00	Evaporated Milk	240.00	Gorgonzola	112.000	Gluten-Free Flour	148.00	Coconut, Shredded	75.00	Hemp Seeds	160.00	Chili Flakes	5.400
Sauces & Condiments	Guar Gum	10.00	Lemon Extract	12.6 g/tbsp	Grated Cheese	113.000	Graham Flour	122.00	Dates, Chopped	147.00	Instant Oats	177.00	Chili Powder	8.100
Seafood	Powdered, Buttermilk	7.85	Oat Milk	241.200	Gruyere	216.563	Masa Flour	114.00	Dragon Fruit	227.00	Millet	103.00	Chinese Five Spice	6.900
Vegetables	Powdered, Instant Coffee	3.00	Rice Milk	240.000	Havarti	112.000	Millet Flour	119.00	Elderberries	145.00	Muesli	85.00	Cinnamon	7.800
	Powdered, Milk	8.00	Soy Milk	243.000	Heavy Cream	238.400	Oat Flour	104.00	Grapefruit	230.00	Oats	81.00	Cloves	6.500
	Powdered, Pudding Mix	3.00	Sweetened Condensed Milk	306.00	Kefir	248.000	Pastry Flour	105.00	Grapes	92.00	Polenta	163.00	Coriander	5.000
	Salt, Flake	7.50	Vanilla Extract	14 g/tbsp	Limburger	134.000	Pizza 00 Flour	116.00	Guava	165.00	Quinoa	170.00	Cumin	6.000
16 Categories	Salt, Kosher Coarse	12.00	Water	236.588	Mascarpone	244.000	Potato Flour	170.00	Honeydew Mellon	170.00	Rice Noodles	140.00	Curry Leaves	0.375
14 Categories	20 Salt, Table	18.25			Milk, 2%	244.000	Pumpernickel Flour	106.00	Kiwi	177.00	Rice, Brown	190.00	Curry Powder	6.300
?	Sugar, Brown	210 g/cup			Milk, Skim	244.000	Rice Flour, Brown	137.00	Lemon	212.00	Rice, White	185.00	Dill Seed	6.600
?done	Sugar, Confectioner's	113.5 g/cup			Milk, Whole	244.000	Rice Flour, White	155.00	Longan	180.00	Rice, Wild	160.00	Dill Weed	3.100
	Sugar, Granulated	198 g/cup			Monterey Jack	113.000	Rye Flour	108.00	Lychee	190.00	Rye	169.00	Fennel	5.800
	Sugar, Powdered	120 g/cup			Mozzarella	113.000	Self-Rising Flour	125.00	Mango	165.00	Spelt	174.00	Fenugreek	11.100
	Sugar, Superfine	200 g/cup			Neufchatel	240.000	Semolina Flour	167.00	Mangosteen	196.00	Teff	193.00	Garlic Powder	9.700
	Sugar, White	198 g/cup			Paneer	122.000	Sorghum Flour	121.00	Mulberries	140.00	Wheat	192.00	Garlic, Minced	9.313
	Xanthan Gum	6.90			Parmesan, Grated	100.000	Spelt Flour	120.00	Nectarine	143.00	Wheat Bran	64.00	Garlic, Sliced	14.000
	Yeast	10.00			Provolone	245.438	Tapioca Flour	120.00	Orange	217.00	Wheat Germ	112.00	Ginger, Ground	5.200
30					Queso Blanco	118.000	Whole Wheat Flour	135.00	Papaya	140.00			Ginger, Raw	6.000
					Queso Fresco	122.000			Passion Fruit	236.00			Juniper Berries	6.900
					Ricotta	227.000			Peach	154.00			Lavender	2.800
					Ricotta Salaita	122.000			Pear	150.00			Lemon Zest	6.000
					Roquefort	245.000			Persimmon	168.00			Lime Zest	6.000
					Sour Cream	248.000			Pineapple	173.25			Mace	5.200
					Stracchino	224.000			Plum	150.00			Marjoram	1.700
					Swiss Cheese	113.000			Pomegranate	174.00			Mustard Powder	6.000
					Whipping Cream	240.000			Raspberries	134.00			Mustard Seed	6.200
					Yogurt	245.000			Starfruit	120.00			Nutmeg	6.800
									Strawberries	152.00			Onion Powder	6.900
									Watermelon	152.00			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>	<i>g/cup</i>	<u>Meat &amp; Poultry</u>	<i>g/cup</i>	<u>Milks</u>	<i>g/cup</i>	<u>Miscellaneous</u>	<i>g/cup</i>	<u>Nuts &amp; Seeds</u>	<i>g/cup</i>	<u>Oils &amp; Syrups</u>	<i>g/tbsp</i>	<u>Sauces &amp; Condiments</u>	<i>g/tbsp</i>	<u>Seafood</u>	<i>g/cup</i>	<u>Vegetables (Raw)</u>	<i>g/cup</i>
Adzuki Beans	197.000	<i>Bacon</i>				<i>Agar-Agar</i>	5.00 <i>g/tbsp</i>	<i>Almond Butter</i>	256.000	<i>Agave Syrup</i>	13.750	<i>A1 Sauce</i>	17.000	<i>Abalone</i>		<i>Artichokes</i>	168.000
Anasazi Beans	140.000	<i>Beef</i>				<i>Dried Fruit</i>	180.000	<i>Almonds</i>	138.000	<i>Almond Oil</i>	13.625	<i>Aioli</i>	14.080	<i>Anchovies</i>		<i>Arugula</i>	20.000
Black Beans, Dry	194.000	<i>Beef Ribs</i>				<i>Gelatin</i>	7.00 <i>g/tbsp</i>	<i>Almonds, Chopped</i>	120.000	<i>Avocado Oil</i>	13.625	<i>BBQ Sauce</i>	17.000	<i>Catfish</i>		<i>Asparagus</i>	134.000
Black Beans, Raw	172.000	<i>Beef Steaks</i>				<i>Kelp</i>	80.000	<i>Brazil Nuts, Whole</i>	133.000	<i>Canola Oil</i>	13.456	<i>Buffalo Sauce</i>	14.100	<i>Clams</i>		<i>Beets</i>	136.000
Cannellini Beans, Dry	202.000	<i>Brisket</i>				<i>Kombu</i>	80.000	<i>Cashew Butter</i>	256.000	<i>Chocolate Syrup</i>	17.625	<i>Caesar Dressing</i>	15.000	<i>Cod</i>		<i>Bell Peppers</i>	149.000
Cannellini Beans, Raw	179.000	<i>Chicken</i>				<i>Lotus Root</i>	120.000	<i>Cashews</i>	137.000	<i>Coconut Oil</i>	13.625	<i>Chili Sauce</i>	15.000	<i>Crab</i>		<i>Broccoli</i>	88.000
Chickpeas, Dry	200.000	<i>Chicken Breasts</i>				<i>Miso</i>	17.00 <i>g/tbsp</i>	<i>Chia Seeds</i>	192.000	<i>Corn Oil</i>	13.500	<i>Duck Sauce</i>	16.500	<i>Crawfish</i>		<i>Broccoli Raab</i>	40.000
Chickpeas, Raw	164.000	<i>Chicken Sausage</i>				<i>Nori</i>	80.000	<i>Coconut, Shredded</i>	93.000	<i>Corn Syrup</i>	20.500	<i>Fish Sauce</i>	18.000	<i>Cuttlefish</i>		<i>Brussels Sprouts</i>	88.000
Edamame	155.000	<i>Chicken Thighs</i>				<i>Pickles</i>	155.000	<i>Flax Seeds</i>	168.000	<i>Cottonseed Oil</i>	13.625	<i>Gochujang</i>	32.000	<i>Eel</i>		<i>Carrots</i>	110.000
Fava Beans, In Pod	150.000	<i>Chicken Wings</i>				<i>Preserved Lemons</i>	240.000	<i>Hazelnut Butter</i>	224.000	<i>Fish Oil</i>	13.625	<i>Harissa</i>	14.200	<i>Haddock</i>		<i>Cauliflower</i>	107.000
Fava Beans, Raw	150.000	<i>Chorizo</i>				<i>Seaweed</i>	80.000	<i>Hazelnuts</i>	135.000	<i>Flaxseed Oil</i>	13.625	<i>Hoisin Sauce</i>	16.000	<i>Herring</i>		<i>Celery</i>	120.000
Garbanzo Beans, Dry	200.000	<i>Corned Beef</i>				<i>Seitan</i>	257.600	<i>Hazelnuts, Chopped</i>	115.000	<i>Grapeseed Oil</i>	13.625	<i>Hot Sauce</i>	15.000	<i>King Crab</i>		<i>Chard</i>	36.000
Garbanzo Beans, Raw	164.000	<i>Duck</i>				<i>Tempeh</i>	166.000	<i>Hemp Seeds</i>	160.000	<i>Hazelnut Oil</i>	13.625	<i>Ketchup</i>	17.000	<i>Langoustine</i>		<i>Corn, Sweet</i>	145.000
Green Peas	160.000	<i>Foie Gras</i>				<i>Tofu</i>	250.000	<i>Lotus Seeds</i>	32.000	<i>Honey</i>	21.118	<i>Lemon Juice</i>	15.000	<i>Lobster</i>		<i>Corn, White</i>	154.000
Kidney Beans, Dry	184.000	<i>Goat</i>				<i>Vegemite</i>	17.01 <i>g/tbsp</i>	<i>Macadamia Nuts</i>	134.000	<i>Macadamia Oil</i>	14.000	<i>Lime Juice</i>	15.000	<i>Mackerel</i>		<i>Cucumber</i>	119.000
Kidney Beans, Raw	177.000	<i>Ground Beef</i>				<i>Wakame</i>	80.000	<i>Macadamia Nuts, Chopped</i>	120.000	<i>Malt Extract</i>	20.700	<i>Mayonnaise</i>	13.800	<i>Monkfish</i>		<i>Daikon Radish</i>	154.000
Lentils, Dry	195.000	<i>Ground Pork</i>				<i>Yeast Extract</i>	18.00 <i>g/tbsp</i>	<i>Peanut Butter</i>	256.000	<i>Maple Syrup</i>	19.668	<i>Miso Paste</i>	15.000	<i>Mussels</i>		<i>Eggplant</i>	82.000
Lentils, Raw	198.000	<i>Ham</i>						<i>Peanuts</i>	146.000	<i>Margarine</i>	14.000	<i>Mustard</i>	15.000	<i>Octopus</i>		<i>Fennel Bulb</i>	87.000
Lima Beans, Dry	178.000	<i>Kielbasa</i>						<i>Peanuts, Boiled</i>	180.000	<i>Molasses</i>	21.063	<i>Oyster Sauce</i>	18.000	<i>Oysters</i>		<i>Garlic</i>	136.000
Lima Beans, Raw	188.000	<i>Lamb</i>						<i>Peanuts, Chopped</i>	144.000	<i>Olive Oil</i>	13.500	<i>Pesto</i>	15.250	<i>Prawns</i>		<i>Green Beans</i>	100.000
Mung Beans	207.000	<i>Lamb Chops</i>						<i>Pecans</i>	99.000	<i>Palm Oil</i>	13.500	<i>Ranch Dressing</i>	15.000	<i>Salmon</i>		<i>Jicama</i>	130.000
Mung Beans, Sprouted	104.000	<i>Osso Buco</i>						<i>Pecans, Chopped</i>	109.000	<i>Pecan Oil</i>	14.813	<i>Relish</i>	15.000	<i>Sardines</i>		<i>Kale</i>	21.000
Navy Beans	208.000	<i>Pork</i>						<i>Pine Nuts</i>	135.000	<i>Pistachio Oil</i>	13.530	<i>Salsa</i>	18.000	<i>Scallops</i>		<i>Kohlrabi</i>	135.000
Pinto Beans, Dry	193.000	<i>Pork Belly</i>						<i>Pistachios</i>	123.000	<i>Poppyseed Oil</i>	13.625	<i>Salsa Verde</i>	15.000	<i>Sea Bass</i>		<i>Leeks</i>	89.000
Pinto Beans, Raw	171.000	<i>Pork Chops</i>						<i>Pistachios, Chopped</i>	133.000	<i>Sesame Oil</i>	13.625	<i>Soy Sauce</i>	16.000	<i>Sea Urchin</i>		<i>Lettuce, Butter</i>	55.000
Runner Beans	150.000	<i>Pork Ribs</i>						<i>Poppy Seeds</i>	140.800	<i>Soybean Oil</i>	13.500	<i>Sriracha</i>	19.500	<i>Shrimp</i>		<i>Lettuce, Iceberg</i>	57.000
Soybeans	256.000	<i>Pork Tenderloin</i>						<i>Pumpkin Seeds</i>	122.000	<i>Sunflower Oil</i>	14.000	<i>Tamarind Paste</i>	10.000	<i>Snapper</i>		<i>Lettuce, Romaine</i>	35.000
Split Peas	197.000	<i>Roast Beef</i>						<i>Sacha Inchi Seeds</i>	112.000	<i>Truffle Oil</i>	13.500	<i>Teriyaki Sauce</i>	18.000	<i>Sole</i>		<i>Mushrooms, Brown</i>	87.000
Tepary Beans	105.000	<i>Sausage</i>						<i>Sesame Seeds</i>	128.000	<i>Vegetable Oil</i>	13.625	<i>Tomato Paste</i>	16.500	<i>Squid</i>		<i>Mushrooms, Chanterelle</i>	54.000
		<i>Steak</i>						<i>Sunflower Butter</i>	256.000	<i>Walnut Oil</i>	13.625	<i>Tzatziki</i>	15.000	<i>Tilapia</i>		<i>Mushrooms, Morel</i>	66.000
		<i>Turkey</i>						<i>Sunflower Seeds</i>	46.000			<i>Vinegar</i>	14.900	<i>Trout</i>		<i>Mushrooms, Portabella</i>	86.000
		<i>Turkey Legs</i>						<i>Walnuts</i>	120.000			<i>Vinegar, Apple Cider</i>	14.938	<i>Tuna</i>		<i>Mushrooms, Shiitake</i>	89.000
		<i>Veal</i>						<i>Walnuts, Chopped</i>	120.000			<i>Vinegar, Balsamic</i>	15.938			<i>Mushrooms, White</i>	96.000
								<i>Wasabi Peas</i>	62.000			<i>Vinegar, Red Wine</i>	14.938			<i>Okra</i>	100.000
												<i>Vinegar, Rice</i>	14.938			<i>Onions</i>	142.000
												<i>Worcestershire Sauce</i>	17.118			<i>Potatoes</i>	150.000
												<i>XO Sauce</i>	18.000			<i>Radishes</i>	116.000
																<i>Rutabaga</i>	140.000
																<i>Shallots</i>	160.000
																<i>Spinach</i>	30.000
																<i>Squash, Acorn</i>	140.000
																<i>Squash, Butternut</i>	140.000
																<i>Squash, Spaghetti</i>	101.000
																<i>Squash, Summer</i>	113.000
																<i>Sweet Potatoes</i>	133.000
																<i>Tomatoes</i>	180.000
																<i>Tomatoes, Grape</i>	152.000
																<i>Turnips</i>	130.000
																<i>Zucchini</i>	124.000