

AI Nutrition Coach

Ask a question about the uploaded image:

How many calories are in this food?

Choose an image:

Choose File No file chosen

Tell me the total calories

Here is a calorie breakdown of the food in this image:

1.

Identification

:

Chicken Biryani

Raita (Yogurt Side Dish)

2.

Portion Size & Calorie Estimation

:

- **Chicken Biryani**

: 1 large serving (approximately 350g), 540 calories

- **Raita**

: 1 small serving (approximately 100g), 50 calories

3.

Total Calories

:

Total Calories: 590 calories

4.

Nutrient Breakdown

:

- **Protein**

: Chicken Biryani (35g), Raita (5g) = 40g

- **Carbohydrates**

: Chicken Biryani (70g), Raita (10g) = 80g

- **Fats**

: Chicken Biryani (15g), Raita (5g) = 20g

- **Vitamins**

: Chicken Biryani (B6, B12), Raita (B12, Calcium)

- **Minerals**

: Chicken Biryani (Iron, Zinc), Raita (Calcium, Potassium)

5.

Health Evaluation

:

The meal is relatively balanced, providing a good mix of protein, carbohydrates, and fats. The chicken provides lean protein, while the rice contributes to the carbohydrate content. The raita adds a cooling element and some additional protein. However, the dish could be high in sodium due to the spices and potentially high in calories due to the oil used in cooking. Moderation is key.

6.

Disclaimer

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The nutritional information and calorie estimates provided are approximate and are based on general food data.

Actual values may vary depending on factors such as portion size, specific ingredients, preparation methods, and individual variations.

For precise dietary advice or medical guidance, consult a qualified nutritionist or healthcare provider.

