

Banana Oatmeal Breakfast Muffins

Name	Nazwa	Picture	Carbs	Proteins	Calories
Banana Oatmeal Breakfast Muffins	Banana owski babeczki śniadaniowe	https://spoonacular.com/recipeImages/634141-312x231.jpg	27.79 g	0.73 mg	167.82 kcal

Ingredient name	Is missing?
oats	True
honey	True
bananas	True
almond milk	True
egg whites	True
protein powder	True
baking powder	True
cinnamon	True
vanilla extract	True
walnuts	True
raisins	True

Anticuchos Of White Seabass With Aji Chile Honey Marinade & Semilla Salsa

Name	Nazwa	Picture	Carbs	Proteins	Calories
Anticuchos Of White Seabass With Aji Chile Honey Marinade & Semilla Salsa	Antykuchos białego morskiego z Aji Chile Honey Marinade & Semilla Salsa	https://spoonacular.com/recipeImages/632426-312x231.jpg	0.64 g	3.17 mg	199.48 kcal

Ingredient name	Is missing?
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arbol chiles	True
black sesame seeds	True
chiles	True
honey	True
pumpkin seeds	True
seabass	True

Prawn Curry, the worst ratio of proteins to carbs

Name	Nazwa	Picture	Carbs	Proteins	Calories
Prawn Curry	Curry z krewetkami	https://spoonacular.com/recipeImages/657095-312x231.jpg	48.54 g	1.1 mg	446.46 kcal

Ingredient name	Is missing?
basmati rice	True
cardamom pods	True
cinnamon	True
cumin	True
ginger juice	True
ground ancho chili	True
ground coriander	True
ground turmeric	True
onions	True
potatoes	True
prawns	True
tomatoes	True
yogurt	True

Garlic Herb Compound Butter, the best ratio of proteins to carbs

Name	Nazwa	Picture	Carbs	Proteins	Calories
Garlic Herb Compound Butter	Masło złożone zioła czosnkowego	https://spoonacular.com/recipeImages/1697683-312x231.jpg	0.41 g	2.28 mg	103.99 kcal

Ingredient name	Is missing?
butter	True
parsley	True
sage	True
garlic	True
lemon juice	True

Soft-Baked Pretzels

Name	Nazwa	Picture	Carbs	Proteins	Calories
Soft-Baked Pretzels	Miękkie precle	https://spoonacular.com/recipeImages/660525-312x231.jpg	40.5 g	1.52 mg	255.58 kcal

Ingredient name	Is missing?
active yeast	True
baking soda	True
butter	True
egg yolk	True