

Nutritional Values of Food Items

Spinach:

- Calories: 23 kcal
- Protein: 2.9 g
- Fat: 0.4 g

Roast Chicken:

- Calories: 165 kcal
- Protein: 31 g
- Fat: 3.6 g

Apple:

- Calories: 52 kcal
- Protein: 0.3 g
- Fat: 0.2 g

Burger (Estimated):

- Calories: 900 kcal
- Protein: 50 g
- Fat: 50 g