



	Mass	Calories	Protein	Fat	Carb.
Total	206.0	2729.5	19.0	55.9	19.7
Garlic scape	102.9	308.7	2.0	0.1	15.8
Pork belly	127.8	2088.2	16.8	47.2	3.1
Vegetable oil	8.5	314.1	0	8.5	0
...	...	...	...	...	...



	Mass	Calories	Protein	Fat	Carb.
Total	300.0	1652.4	48.9	17.2	11.2
Red pepper	113.3	201.8	1.3	0.1	10.0
Chicken Breast	193.4	955.3	47.5	3.6	1.1
...	...	...	...	...	...



	Mass	Calories	Protein	Fat	Carb.
Total	255.0	1577.8	7.3	19.3	43.5
Rice	113.0	560.4	2.9	0.3	29.2
Pumpkin	69.5	568.8	0.6	14.4	1.4
Prawns	32.0	60.7	1.5	0.2	1.5
...	...	...	...	...	...