

	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
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	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
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	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
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