

Dessert Food Type Query

| Food Item | Unit | Quantity | Calories | Fat (g) | Carbs (g) |
|---------------------|-------|----------|----------|---------|-----------|
| Butter | tblsp | 1 | 145 | 16 | 0 |
| Butter, reduced fat | tblsp | 1 | 76 | 8 | 0 |
| Cheesecake | g | 100 | 320 | 20 | 30 |
| Brie Cheese | g | 30 | 101 | 8 | 0 |
| Camembert | g | 30 | 92 | 8 | 0 |
| Cheddar Cheese | g | 30 | 122 | 10 | 0 |
| Cheddar, Low Fat | g | 30 | 99 | 7 | 0 |
| Cheddar Slices | g | 20 | 61 | 4 | 1 |
| Cheshire Cheese | g | 30 | 114 | 10 | 0 |
| Cottage Cheese | tblsp | 1 | 29 | 2 | 0 |
| Creamed Cheese | g | 30 | 101 | 10 | 1 |
| Double Gloucester | g | 30 | 120 | 10 | 0 |
| Edam Cheese | g | 30 | 106 | 8 | 0 |
| Emmental Cheese | g | 30 | 113 | 9 | 0 |
| Feta Cheese | g | 30 | 83 | 7 | 0 |
| Goat's Cheese | g | 30 | 58 | 4 | 0 |
| Halloumi | g | 30 | 73 | 5 | 0 |
| Lancashire Cheese | g | 30 | 110 | 9 | 0 |
| Mozzarella Cheese | g | 30 | 90 | 6 | 0 |
| Parmesan | g | 30 | 132 | 9 | 0 |
| Ricotta | g | 20 | 30 | 2 | 0 |
| Wensleydale Cheese | g | 30 | 112 | 9 | 0 |
| Cream, whipped | ml | 100 | 293 | 30 | 4 |
| Cream, clotted | ml | 100 | 586 | 63 | 2 |
| Crème Fraiche | ml | 100 | 440 | 48 | 2 |
| Cream, double | ml | 100 | 499 | 54 | 3 |
| Cream, light | ml | 100 | 189 | 17 | 3 |
| Cream, single | ml | 100 | 333 | 35 | 3 |
| Cream, sour | ml | 100 | 199 | 19 | 4 |
| Custard, baked, egg | ml | 100 | 95 | 4 | 9 |
| Custard, pouring | ml | 100 | 88 | 1 | 16 |

| Food Item | Unit | Quantity | Calories | Fat (g) | Carbs (g) |
|--------------------------|--------|----------|----------|---------|-----------|
| Banana Split | scoops | 3 | 325 | 10 | 55 |
| Chocolate Mousse | g | 100 | 232 | 13 | 28 |
| Tiramisu | g | 100 | 328 | 20 | 0 |
| Trifle | g | 120 | 209 | 7 | 33 |
| Caesar Dressing | tbsp | 1 | 76 | 7 | 3 |
| Coleslaw | tbsp | 1 | 88 | 7 | 7 |
| French Dressing | tbsp | 1 | 49 | 4 | 2 |
| Thousand Island Dressing | tbsp | 1 | 76 | 7 | 3 |
| Egg, medium | g | 55 | 77 | 5 | 0 |
| Egg, large | g | 60 | 84 | 6 | 0 |
| Egg, boiled | g | 53 | 80 | 5 | 0 |
| Eggs Benedict | medium | 2 | 690 | 52 | 0 |
| Egg, fried | g | 60 | 98 | 8 | 0 |
| Omelette | g | 120 | 214 | 17 | 0 |
| Egg, poached | g | 60 | 76 | 6 | 0 |
| Egg, scrambled | g | 120 | 195 | 16 | 0 |
| Ice-Cream, Chocolate | ml | 100 | 208 | 11 | 23 |
| Ice-Cream, Vanilla | ml | 100 | 89 | 4 | 10 |
| Viennetta, vanilla | ml | 100 | 124 | 10 | 13 |
| Viennetta, chocolate | ml | 100 | 133 | 9 | 13 |
| Mayonnaise | tbsp | 1 | 201 | 21 | 3 |
| Mayonnaise, light | tbsp | 1 | 63 | 7 | 8 |
| Meringue | g | 25 | 92 | 0 | 22 |
| Milk, condensed | ml | 250 | 1060 | 30 | 180 |
| Milk, evaporated | ml | 250 | 373 | 21 | 27 |
| Milk, full fat | ml | 250 | 167 | 10 | 12 |
| Milk, skimmed | ml | 250 | 88 | 0 | 12 |
| Milk, rice | ml | 250 | 157 | 2 | 0 |
| Milk, soya | ml | 250 | 158 | 7 | 18 |
| Quiche Lorraine | g | 100 | 293 | 22 | 18 |