

# Most Popular Food Query

Food Item	Unit	Quantity	Calories	Fat (g)	Carbs (g)
Chicken Breast, no skin, grilled	g	100	157	5	0
Chicken Breast, with skin, grilled	g	100	218	12	0
Chicken Drumstick, no skin	drumstick	2	179	9	0
Chicken Drumstick, with skin	drumstick	2	229	14	0
Chicken Nuggets	g	20	57	3	2
Chicken Thigh, no skin	thigh	2	126	6	0
Chicken Thigh, with skin	thigh	2	145	8	0
Chicken Wing	wing	2	179	12	0
Duck, roast, no skin	g	100	182	9	0
Duck, roast, skin	g	100	307	26	0
Bacon, fried	slice	1	37	3	0
Bacon, grilled	slice	1	32	2	0
Beef Steak, grilled	g	117	224	10	0
Goose, roast	g	100	315	23	0
Gravy, powder	g	225	14	0	3
Ham, leg	g	46	50	1	0
Ham, shoulder	g	50	55	3	0
Jelly	ml	280	188	0	45
Lamb Chump Chop	g	65	182	12	0
Lamb Cutlet, grilled	g	40	131	10	0
Lamb Leg, baked	g	90	201	10	0
Lamb Loin Chop, grilled	g	50	182	15	0
Lamb Shank	g	100	223	10	0
Lamb Shoulder, baked	g	30	87	6	0
Lasagne, beef	g	400	572	24	62
Pheasant	g	125	165	4	0
Pigeon, breast	g	125	263	14	0
Pork, crackling	g	30	142	9	0
Pork, fillet, baked	g	100	169	5	0
Pork, leg, roast	g	100	338	26	0
Pork, loin chop	g	100	171	6	0

Food Item	Unit	Quantity	Calories	Fat (g)	Carbs (g)
Pork, medallion, grilled	g	100	307	22	0
Pork Ribs	g	100	114	10	0
Sausage, beef	g	50	117	9	2
Sausage, chicken	g	50	89	6	0
Sausage, pork	g	150	425	33	9
Turkey, breast	g	100	145	8	0
Turkey, roast	g	100	170	6	0
Veal, loin chop	g	50	73	1	0
Veal, shank	g	80	117	2	0
Corned Beef	g	100	217	12	0
Beefburgers, homemade	g	100	287	20	1
Beefburgers, frozen	g	100	273	19	9
Beef Mince	g	170	390	20	0
Beef Mince, lean	g	170	309	16	0
Beef Topside, roast	slice	2	171	9	0
Turtle, raw	g	28	25	0	0