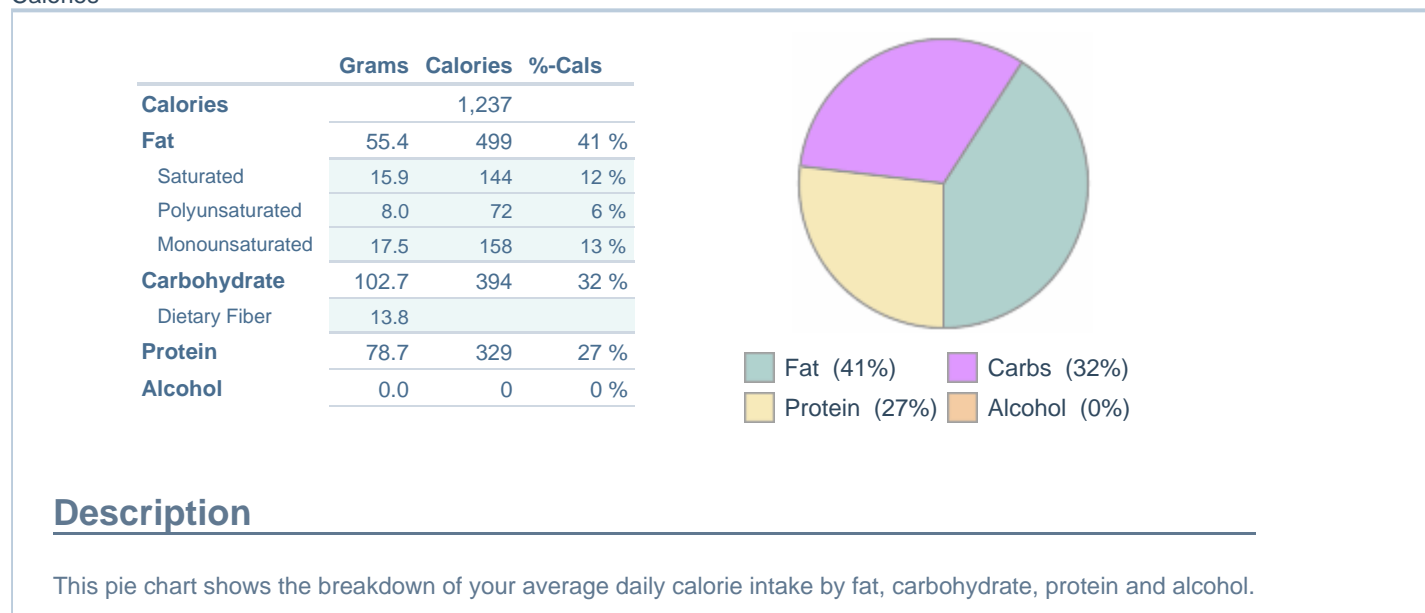




Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
Total			1,237	55.4	102.7	78.7	
Egg, whole, cooked, scrambled	2	large	204	14.9	2.7	13.5	
Mild Cheddar - 2% (kr)	0.5	serving	45	3.0	0.0	3.5	
Grapes, raw	1.5	cup, seedless	166	0.4	43.4	1.7	
Chicken, stewed	2	medium piece (yield after cooking, bone removed)	295	16.9	0.0	33.3	
Beans, lima, immature, cooked, from canned	0.25	cup	62	1.1	10.3	3.0	
Oven Roasted Almonds (Blue Diamond)	0.5	serving	90	6.5	4.5	2.5	
Pork chop, fried	3	oz, with bone, cooked (yield after bone removed)	159	10.5	0.0	15.1	
Sweet potato, cooked, baked in skin, without salt (a.k.a. Sw...	0.5	medium (2" dia, 5" long, raw)	51	0.1	11.8	1.1	
Carrots, frozen	1	serving	35	0.0	7.0	0.0	
Green Beans, frozen	1	serving	30	0.0	5.0	1.0	
Clif Bar, Choc Chip, Mini	1	serving	100	2.0	18.0	4.0	
Total			1,237	55.4	102.7	78.7	

Calories



Description

This pie chart shows the breakdown of your average daily calorie intake by fat, carbohydrate, protein and alcohol.

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