

A Rough Estimation of Calories in Some Food Items For the Cal.Conscious

Milk & its Products per cup:	
Cow milk	100
Buffalo milk	115
Skimmed milk	45
Buttermilk	19
Cheese	315
Butter 100gms.	750
Cream 100gms.	210
Ghee 100gms	910

[Sify Home](#) >> [Lifestyle](#) >> [Food](#) >> Fullstory

Calories of Fruits 

Calories of Fruits

A Rough Estimation of Calories in Some Food Items For the Cal.Conscious

Fruit per 100 Grams:	
Apple	56
Banana	153
Chickoo	94
Cherries	70

Dates	281
Guava	66
Black Grapes	45
Litchies	61
Mangoes	70
Orange	53
Papaya	32
Peach	50
Pears	51
Pineapple	46
Plums	56
Pomegranate	77
Watermelon	16

[>> More](#)

[Print](#) | [Mail](#)
