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The total calorie content of this recipe is $975 + 342 + 192 + 55 + 70 + 119 = 1,753\text{kcal}$ (7,327kJ). If you eat a quarter (1 serving), you'll consume $1,753/4 = 438\text{kcal}$ (1,831kJ).

Calorie checker - NHS

The Everything Calorie Counting Cookbook: Calculate your daily caloric intake--and fat, carbs, and daily fiber--with these 300 delicious recipes by Paula Conway and Brierley E Wright 3.4 out of 5 stars 10

Amazon.com: calorie counting book

Calorie counting is one way to tackle this problem, and is commonly used for weight loss. This is a detailed guide about counting calories, explaining everything you need to know.

Counting Calories 101: How to Count Calories to Lose Weight

The Carbs & Cals CARB & CALORIE COUNTER has been the UK's bestselling carb & calorie counting book for 6 years running! This is due to its unique method of using food photos to count nutrients and judge portion size. A simple idea... with highly effective results.

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