MCP SERVER | NO CODE | CLOUD HOSTED

API Ninjas Nutrition MCP for AI Agents

Analyze food macros and ingredients from plain English text

API Ninjas Nutrition analyzes food descriptions using natural language processing. Simply type out what you ate—like "200g cooked salmon" or "three scrambled eggs"—and instantly get a detailed breakdown of calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol. It's built for fast, accurate nutritional data tracking.

F Quality Score 3.6/100

nutrition-analysis | nlp | calorie-tracking | macronutrients | food-data | health-metrics

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vinkius.com/mcp/api-ninjas-nutrition

SCAN TO VIEW

The infrastructure that powers AI agents in the real world.

Vinkius connects AI to the world's software through secure, enterprise-grade infrastructure — enabling real-world execution at scale, built on the Model Context Protocol (MCP).

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the cloud infrastructure where AI agents connect to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

API Ninjas Nutrition MCP

2 tools available
Cloud-hosted on Vinkius

Tracking macros shouldn't feel like a research project. This MCP gives your AI agent the power to analyze food nutrition directly from plain English text. Instead of cross-referencing multiple databases or guessing based on labels, you just describe the meal, and it delivers comprehensive nutrient profiles. You get instant data points for everything from total calories to specific sodium levels.

The tool also helps with discovery; if you're building a recipe or planning meals around keywords, it can search available recipes by name or ingredients. Connecting this MCP through Vinkius means your agent accesses professional-grade nutritional insights without needing specialized API keys or coding knowledge. You feed the text, and the data comes back ready to use.

Core Capabilities

01 — Analyze Food Composition from Text

Pass any descriptive food input (e.g., "1 cup of cooked rice") and get instant nutrient totals including calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol.

02 — Search for Recipes by Keyword

Find recipe titles and serving information by searching using a simple keyword or name.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/api-ninjas-nutrition** — connect your AI agent in three steps.

01 Start by prompting your AI client with a descriptive food item, such as "3 slices of whole wheat toast with avocado."

02 The MCP uses natural language processing to interpret the text and query its internal database for precise nutritional values.

03 Your agent receives structured data containing detailed nutrient breakdowns per serving size in grams.

The bottom line is that you skip manual label reading and complex calculations; your AI client handles the entire translation from English description to structured nutrition facts.

Built For

This MCP serves dietitians, fitness coaches, recipe developers, and health-conscious individuals. If you spend time manually calculating meal macros or cross-referencing nutritional data sources, this tool saves hours of tedious copy-pasting.

Dietitian

Uses the MCP to quickly verify nutrient content for complex patient diets, ensuring all macro and micronutrient targets are met across various food descriptions.

Fitness Coach

Feeds client meal logs into the tool to generate instant nutritional summaries, helping clients hit specific protein or caloric goals without manual spreadsheet work.

Recipe Developer

Uses recipe search capabilities combined with food analysis to build complete recipes and verify that all ingredients contribute toward desired macro targets.

What Changes When You Connect

01 Instantly get comprehensive data on everything you eat. Instead of relying on vague estimates, the `ninja_analyze_nutrition` tool provides exact counts for protein, fat, carbs, sugar, sodium, and cholesterol.

02 Save time planning meals. Use the MCP to search for recipes by keyword, giving your agent a starting point when developing meal plans or dietary suggestions.

03 Works with complex inputs. You don't have to break down "3 eggs and 2 slices of toast"; just type it out, and the tool handles the multi-ingredient calculation.

04 Focus on outcomes, not data entry. By having your agent process food descriptions, you eliminate the tedious back-and-forth of manual label reading and database lookups.

05 Build better health plans. The structured output from this MCP allows you to easily aggregate nutritional data across multiple days or meals for accurate tracking.

Real-World Applications

Calculating Macros After a Complex Meal

A coach needs to know if their client's lunch hits the protein goal. Instead of manually logging every ingredient, they ask their agent: 'What are the macros in 150g chicken breast with quinoa?' The agent uses `ninja_analyze_nutrition` and reports total calories, protein, and fat instantly.

Developing a New High-Fiber Recipe

A recipe developer needs to find ideas for a breakfast bowl. They use the MCP's search function with keywords like 'oats' or 'banana'. The agent returns several potential recipes, which they then refine using `ninja_analyze_nutrition` to ensure high fiber content.

Checking Nutritional Accuracy of Restaurant Orders

A user wants to track sodium intake. They input a description like 'large grilled salmon fillet with roasted vegetables.' The agent uses the MCP to analyze the food, providing specific sodium and cholesterol counts they can trust.

Comparing Food Sources for Athlete Fuel

A sports nutritionist needs to compare different energy sources. They ask the agent to analyze 'apple' versus 'banana.' The MCP runs both inputs through `ninja_analyze_nutrition` and delivers a side-by-side comparison of carbs, sugar, and calories.

Patterns to Avoid

Using basic search for macros

✗ AVOID

Searching Google or general databases for 'salmon nutrition' gives vague ranges and requires manual cross-referencing with different sites to get a complete picture.

✓ INSTEAD

Feed the specific food item into your agent using `ninja_analyze_nutrition`. It takes plain English descriptions (e.g., "200g grilled salmon") and provides precise, structured nutrient data in one step.

Ignoring serving size details

✗ AVOID

Simply typing 'apple' doesn't help because the nutritional profile changes based on size. This leaves you with incomplete or unusable data.

✓ INSTEAD

Always include measurements when calling `ninja_analyze_nutrition`. Specify things like "1 medium apple" or "2 cups of cooked lentils" to guarantee accurate results.

Forgetting recipe context

✗ AVOID

Thinking you need a massive, pre-built database that contains every meal ever eaten. These tools are too rigid for real life.

✓ INSTEAD

Start with `ninja_search_recipes` to find general ideas, then use `ninja_analyze_nutrition` on the ingredients list provided by those recipes to verify macro counts.

The Right Fit

Use this MCP if your primary pain point is translating descriptive text about food into structured nutritional data. If you need reliable numbers for calories, protein, fat, or sodium from items like "1 lb brisket" or "200g salmon," this is what you need. It excels at taking natural language input and spitting out precise, usable metrics.

Don't use it if your goal is just to browse general food ideas; that requires a basic keyword search tool. Also, don't rely on it for allergy information outside of the core nutrients listed (it won't check for specific allergens unless they impact macro/micro counts). It's a data engine, not a medical diagnosis tool. If you only need to know 'is this food good?', use a generalized health advisory; if you need to know 'how many grams of fiber is in this?'—this MCP is your answer.

API Ninjas Nutrition: Calculating Food Macros from Text Descriptions

Right now, tracking what people eat means hopping between label images, USDA sites, and spreadsheets. You're copy-pasting ingredients list by ingredients list, constantly having to guess if the serving size is per meal or per packet. It’s a massive time sink that leads to calculation fatigue.

With this MCP, you just ask your agent about the food—like "How many calories are in 200g of grilled salmon?" and it gives you the complete nutrient breakdown instantly. You get actionable data points without ever leaving your chat window.

API Ninjas Nutrition: Finding Recipe Inspiration by Keyword

If meal planning feels overwhelming, you typically start with a blank page and have to manually brainstorm ingredients. You waste time scrolling through recipe blogs just looking for titles that sound good.

Now, your agent uses the MCP's search tool to pull relevant recipes based on keywords like 'chicken' or 'Mediterranean.' This narrows down thousands of options instantly and gives you a concrete starting point for meal creation.

2 Tools in API Ninjas Nutrition for Food Macro Analysis

Use these tools to analyze specific foods and search for recipes based on your nutritional requirements.

#	TOOL	DESCRIPTION
01	ninja_analyze_nutrition	Analyzes the nutritional content of any specified food item using natural language processing to return detailed macro and micro nutrient data.
02	ninja_search_recipes	Searches for recipe titles and provides information about serving sizes based on a given keyword or name.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U What are the macros in 200g of grilled salmon?

Nutritional Breakdown: Grilled Salmon (200g)

- **Calories:** ~412 kcal
- **Protein:** 40g
- **Total Fat:** 27g (Saturated: 4.4g)
- **Carbs/Sugar/Fiber:** 0g / 0g / 0g
- **Sodium:** 98mg | **Cholesterol:** 126mg

It's a fantastic source of Omega-3s.

U Find me some high-protein breakfast ideas.

Top Recipes for High Protein Breakfasts

Greek Yogurt Power Bowl: *(Serves 1)* - Est. Protein: 25g*
Smoked Salmon Toast Stack: *(Serves 2)* - Est. Protein: 38g*
Tofu Scramble with Spinach: *(Serves 1)* - Est. Protein: 22g*

Need macro details for any of these?

U Analyze a complex snack mix.

Snack Mix Analysis (Example: Trail Mix)

- **Total Weight:** 100g
- **Calories:** 450 kcal
- **Macronutrients:**

* Protein: 20g
* Fat: 28g
* Carbs: 35g (Fiber: 5g)

- **Key Minerals:** Sodium: 150mg.

Frequently Asked Questions

01 **How can the API Ninjas Nutrition MCP help me track my daily food intake?**

The MCP lets you simply describe your meals in plain English—like 'two eggs and a slice of cheese.' It then calculates all the necessary nutritional data, giving you accurate macro counts without manual effort. This makes logging meals fast and reliable.

02 **Does API Ninjas Nutrition work if I use foreign ingredients or measurements?**

The tool is designed to interpret natural language descriptions and handles standard units of measurement (like grams, lbs). As long as you describe the food clearly in English, it will process the data for you.

03 **Can I use API Ninjas Nutrition MCP to find recipes that fit my diet?**

Yes. You can first ask the agent to search for recipes by keyword using one tool. Then, you feed those recipe ingredients into `ninja_analyze_nutrition` to verify they meet your specific macro goals.

04 **What kind of data does API Ninjas Nutrition provide besides calories?**

It gives a full picture: protein, total fat (and saturated fat), carbs, fiber, sugar, sodium, and cholesterol. This comprehensive view helps you track multiple health metrics at once.

05 **Is API Ninjas Nutrition reliable for tracking diet progress?**

It uses advanced natural language processing to analyze food composition from descriptive text, providing structured data that is far more accurate and faster than manual label reading. It's built specifically for detailed nutritional analysis.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"api-ninjas-nutrition": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

API Ninjas Nutrition is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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