

MCP SERVER

NO CODE

CLOUD HOSTED

Edamam MCP for AI Agents

Find macro-nutrient breakdowns and dietary recipes by ingredient list

Edamam brings advanced nutritional intelligence to your AI agents. Use it to analyze the nutrient content of complex meals—like '2 eggs and avocado toast'—from natural language descriptions. It also lets you search vast recipe databases using precise filters for diet, cuisine, or specific health labels like keto-friendly or gluten-free.

A+ Quality Score 100/100

nutritional-analysis

recipe-search

dietary-filters

food-database

natural-language-processing



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects 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.

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.

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.

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

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

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.

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.

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.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot 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.

FinOps

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

Firewall & DLP

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

Agent Activity

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

Tool Health

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

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.

Edamam MCP

2 tools available

Cloud-hosted on Vinkius

This MCP gives your AI agent deep nutritional knowledge. Forget guessing macros from ingredient lists; Edamam's engine reads any food description and instantly returns a detailed breakdown of calories, protein, fat, carbs, and fiber. Need to plan a meal? You can analyze complex combinations like '1 cup brown rice and 200g chicken breast' in plain language. Beyond basic counting, you can search millions of recipes using advanced dietary filters for cuisine type, specific health labels (like peanut-free or low-sodium), or diet goals (keto, vegan). Connecting this through Vinkius gives your agent access to the entire catalog, making it a central source for any recipe or food data need. It's the most detailed nutrition engine available.

Core Capabilities

01 — Analyze nutrient content from text

You give your agent a list of ingredients in natural language, and it returns precise nutritional figures like calories, protein, fat, carbs, and fiber.

02 — Search for recipes with advanced filters

Your agent searches the recipe database by combining criteria such as cuisine type (e.g., Italian) with specific dietary needs (e.g., dairy-free or high-protein).

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/mcp/edamam — connect your AI agent in three steps.

- 01 Tell your AI client exactly what you need analyzed, like listing ingredients for a meal.
- 02 The MCP sends that natural language description to the Edamam engine for processing.
- 03 Your agent receives structured data containing the nutritional breakdown or a list of filtered recipes.

The bottom line is your AI client turns complex food data and recipe searches into actionable, formatted information.

Built For

Anyone who deals with dietary planning, meal preparation, or health content needs this. Think dietitians, fitness coaches, or developers building food tracking apps. The pain point is always the sheer volume of conflicting nutritional data and manual cross-referencing.

Dietitian

Uses Edamam to quickly check a client's meal intake against specific dietary guidelines, verifying macro counts or allergen safety.

Nutrition Content Writer

Generates accurate recipe content by searching for recipes with strict filters (e.g., gluten-free, low-carb) and extracting precise nutritional facts.

Food Tech Developer

Builds applications that need to process user-submitted ingredients into structured JSON data for meal planning or calorie counting features.

What Changes When You Connect

- 01 Stop guessing macros. Use `analyze_nutrition` to instantly get precise calorie, protein, fat, carbs, and fiber counts from any natural language food description.

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- 02 Plan meals with confidence. `search_edamam_recipes` lets you filter results not just by cuisine, but by 40+ health labels like peanut-free or low-sodium.

 - 03 Save hours on research. Your agent handles the tedious task of cross-referencing ingredients against dozens of complex dietary guidelines automatically.

 - 04 Handle ambiguous inputs. You don't need structured data; simply listing '2 eggs and a slice of avocado toast' gives you immediate, actionable results.

 - 05 Build robust apps. Access a comprehensive food database that supports multiple filtering dimensions, making your application reliable for health tracking.
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Real-World Applications

Checking client meal compliance

A dietitian asks their agent to analyze the nutrients for a patient's lunch: 'chicken breast and brown rice.' The agent uses `analyze_nutrition`, providing instant confirmation that the meal meets the required protein goals.

Quickly calculating event catering macros

A chef needs to know the total nutritional impact of a mixed spread. They input all components into `analyze_nutrition`, getting a single macro count for planning and cost management.

Developing a specialized recipe guide

A developer needs recipes for users with severe allergies. They use `search_edamam_recipes`, filtering specifically for 'gluten-free' and 'dairy-free' to compile a safe, reliable content library.

Patterns to Avoid

Using general search tools

X AVOID

Asking an AI agent to 'find healthy dinner recipes' without specifying the diet or ingredients. The results are too broad, requiring manual filtering and data checking.

✓ INSTEAD

Use `search_edamam_recipes` first, limiting your search by both cuisine (e.g., Mexican) and a specific filter (e.g., vegan). Then, use `analyze_nutrition` on key components to verify macros.

Ignoring natural language input

X AVOID

Requiring the user to format ingredients into rigid, structured JSON or CSV files before analysis, which adds friction and complexity.

✓ INSTEAD

Rely on `analyze_nutrition`. You can feed your agent raw text like 'a peanut butter sandwich' and still get a full, accurate nutritional breakdown without pre-formatting.

Overlooking allergen filters

X AVOID

Finding a recipe that looks good but contains hidden allergens (like peanuts or dairy). The risk of error is too high for health applications.

✓ INSTEAD

Always use `search_edamam_recipes` and apply the specific, critical filter (e.g., peanut-free) at the start. This narrows the list to only safe options.

The Right Fit

Use Edamam if your core task involves calculating nutrient density or searching recipes based on complex dietary rules. If you just need a general recipe idea, standard search works fine. But if you absolutely must know the macro breakdown of specific ingredients (`analyze_nutrition`), or if your app needs to support dozens of health filters simultaneously (`search_edamam_recipes`), this MCP is necessary. Don't use it if you only need simple ingredient lookups; basic databases might suffice. You really need Edamam when accuracy and filter depth are non-negotiable.

Edamam: Analyzing Food Nutrition with Natural Language

Today, building a food tracking feature means forcing users to input data into rigid forms. They have to copy ingredients, specify weights in grams, and manually cross-reference those inputs against multiple nutrient tables just to get the total calorie count for a single meal.

With this MCP, your agent takes natural language descriptions like 'two eggs and one slice of avocado toast.' It reads that text and immediately spits out the full nutritional breakdown—calories, fat, protein, everything—without you having to build complex input parsers. You just get the answer.

Edamam: Filtering Recipes by Dietary Needs

Writing a recipe section for a health blog used to mean spending hours manually checking every single ingredient against dozens of exclusion lists. You'd have to check if it was vegan, keto-friendly, *and* gluten-free simultaneously.

Now, your agent handles that entire process with `search_edamam_recipes`. You tell it the constraints—say, 'Italian,' and 'low-carb'—and it surfaces only recipes that meet both criteria, saving you massive amounts of manual vetting.

Edamam: 2 Tools for Nutritional Analysis and Recipe Search

Use these tools to break down ingredients into macros or search vast databases of recipes based on any dietary constraint you need.

#	TOOL	DESCRIPTION
01	<code>analyze_nutrition</code>	Processes a list of food items provided in natural language and returns the detailed nutritional content, including calories, protein, fat, carbs, and fiber.
02	<code>search_edamam_recipes</code>	Searches a vast recipe database using complex filters for cuisine type, diet category (like keto or vegan), and specific health requirements.

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 for a standard breakfast of oatmeal with berries?



Breakfast Analysis: Oatmeal & Berries

- **Total Calories:** ~380 kcal
- **Protein:** 12g (From rolled oats)
- **Carbs:** 65g (Mostly from the fruit and oat fiber)
- **Fat:** 7g

Note: Adding a handful of walnuts would boost healthy fats by about 4g.

U Find me some dinner ideas that are low-carb and vegetarian.



I found three great options for you:

1. **Spinach Stuffed Portobello Caps:** (Cuisine: Mediterranean) - *Checks out for vegan, keto.*
2. **Tofu Scramble with Greens:** (Cuisine: Asian) - *Dairy-free and high-protein.*
3. **Mushroom & Feta Bake:** (Cuisine: Italian) - *Great option if you're okay with dairy!*

Which one should I pull the full ingredient list for?

- U** Analyze the nutrition for a standard turkey sandwich on wheat bread.



Turkey Sandwich Breakdown

- **Serving Size:** 1 sandwich (2 slices bread, 4 oz turkey)
- **Calories:** ~310 kcal
- **Protein:** 38g
- **Carbohydrates:** 25g
- **Fat:** 9g

The majority of the protein comes from the lean turkey breast. If you add a layer of avocado, you'll boost healthy monounsaturated fats.

Frequently Asked Questions

01 How does Edamam help me analyze nutrition for complex meals?

Edamam lets your agent process ingredients from plain text. Just list the foods and weights, and it returns a detailed breakdown of calories, protein, fat, carbs, and fiber instantly. This is much faster than manual calculations.

02 Can I use Edamam to find recipes that meet multiple dietary rules?

Yes. You can search for recipes using advanced filters simultaneously. For example, you can ask for something that must be both 'gluten-free' and 'keto-friendly,' narrowing the results instantly.

03 Is Edamam only good for US cuisine?

No, it supports multiple global cuisines. When searching recipes, you can filter by American, Asian, Indian, Mediterranean, and many others to find what you need.

04 What if I change the ingredients in a recipe? Can Edamam tell me the new macros?

You can use the analysis tool. If you substitute one ingredient for another, simply list the new combination of items, and it will calculate the updated nutritional profile for you.

05 Does Edamam support allergen filtering?







Yes, it supports specific health labels, including major allergens like peanut-free or dairy-free. This is critical when building content for users with severe dietary restrictions.

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 <code>"edamam": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → 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

Edamam 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](https://cloud.vinkius.com) →

vinkius.com · support@vinkius.com

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