

Aug 14, 2018 - There were about 45 calories in a tablespoon. ... bailhea 7b17bfd26b ... If a tablespoon had 30 ml, a teaspoon had 15, respectively. Read moreAug 14, 2018 - A tablespoon had about 45 calories. This means that if you want to lose weight, you should not eat food that contains 45 calories in a tablespoon. When people eat soup, they can put a tablespoonful of it. If you want to lose weight, you should not eat a tablespoon of food that contains 45 calories. For example, if you want to lose weight, you should not eat soup in a tablespoon. ... bailhea 7b17bfd26b ...

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