

Add Ingredients

🔍 Add Another Food

⚙️ Settings

- Coffee Latte

1 x 1 medium (480g)

🗑️
- Multi-Grain Toast

1 x 1 slice regular (24g)

🗑️
- Avocados

1 x 1 avocado, rrs as to florida or califon

🗑️

Clear Recipe

⭐ Save Recipe

Number of Servings: 1

📊 Totals

📊 Comparison

📊 Amino Acids

Nutrition Facts

Serving Size
Whole Recipe (705g)

Calories 597

	% Daily Value *
Total Fat 38.6g	50%
Saturated Fat 9.6g	48%
Trans Fat 0g	
Cholesterol 33.6mg	11%
Sodium 310.2mg	13%
Total Carbohydrate 48.9g	18%
Dietary Fiber 15.4g	55%
Total Sugars 23.2g	46%
Includes — g Added Sugars	— %
Protein 20.8g	42%
Vitamin C 21.1mg	23%
Vitamin D 4.8mcg	24%
Iron 2mg	11%
Calcium 530.8mg	41%
Potassium 1687.7mg	36%
Phosphorus 538.2mg	43%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Database With Nutritional Information

Flavio Morgado



Recipe Database With Nutritional Information:

Food and Nutrition Information Center Microcomputer Software Collection Natalie A. Updegrove, Natalie Updegrove Partridge, 1992 [Food and Nutrition Information Center Microcomputer Software Collection](#) Natalie Updegrove Partridge, 1993 **Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original

Nutritional Assessment of Athletes Judy A. Driskell, Ira Wolinsky, 2002-04-29 Evaluating dietary intake determining energy metabolism and conducting other nutritional assessments are essential in understanding the relationships between diet exercise health and physical performance especially in athletes The first comprehensive source on the subject Nutritional Assessment of Athletes thoroughly examines these methods , [Eat Right for Your Sight: Simple, Tasty Recipes That Help Reduce the Risk of Vision Loss from Macular Degeneration](#) The American Macular Degeneration Foundation, Johanna M. Seddon, Jennifer Trainer Thompson, 2015-02-24 Safeguard your vision with 85 simple satisfying recipes rich in the nutrients that fight macular degeneration The Bad News Age related macular degeneration AMD is the leading cause of central vision loss in adults over the age of fifty It can wreak havoc on the ability to see faces read drive and move about safely Millions of people are at risk and we still don t have a cure The Good News The latest research suggests that healthy lifestyle choices including a diet rich in lutein zeaxanthin and other key nutrients can delay the onset and progress of AMD Eat Right for Your Sight provides a delicious way to add the best ingredients for eye health to every meal of the day Feast your eyes on these appealing recipes Sweet Pea Guacamole Chicken Vegetable Noodle Bowls Garlic Lime Pork Chops Carrot Ginger Juice and more Every recipe includes comprehensive nutrition information and has been carefully crafted to act like medicine but not taste like it Taking care of your eyes has never been easier With Recipes from Lidia Bastianich Ina Garten Jacques P pin Alice Waters Andrew Weil MD and other superstars of healthy cooking **500 Paleo Recipes** Dana Carpender, 2012-12-01 At last here is a comprehensive cookbook to the hottest eating plan around The Paleo diet known in some circles as the Caveman Diet is an eating plan based on evolutionary biology and backed up by medical research The Paleo diet is based on what our ancestors ate meats and fish nuts and seeds and naturally grown fruits and vegetables In her bestselling 500 Paleo Recipes low carb queen and author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy to prepare recipes for everything Paleo from appetizers to main dishes to desserts This group of recipes for breakfast comes from that book and includes The Best Way to Hard Boil Eggs Creamed Mushroom Omelet Wake Up Eggs Cajun Eggs Portobellos with Guacamole and Eggs Poached Eggs on Mushroom Onions and Chicken Livers Paleo Hot Cereal Flax and Coconut Muffin in a Mug Blueberry Pancakes Banana Fritters *Food and Beverage*

Service Operations - II Mr. Rohit Manglik,2003-06-03 In this book we will study about food and beverage service operations It focuses on advanced operational techniques and customer relationship management Knowledge Science, Engineering and Management Hui Xiong,W.B. Lee,2012-02-24 This book constitutes the proceedings of the 5th International Conference on Knowledge Science Engineering and Management KSEM 2011 held in Irvine CA USA in December 2011 The 34 revised full papers presented together with 7 short papers were carefully reviewed and selected from numerous submissions

Artificial Intelligence for Knowledge Management, Energy and Sustainability Eunika Mercier-Laurent,Gülgün Kayakutlu,Mieczyslaw Lech Owoc,Abdul Wahid,Karl Mason,2024-06-01 This volume IFIP AICT 693 constitutes the refereed proceedings of the 10th IFIP International Workshop on Artificial Intelligence for Knowledge Management AI4KMES 2023 from September 30th October 1st 2023 held in Krakow Poland The 15 full papers presented together with 2 short papers were carefully reviewed and selected from 49 submissions The accepted papers covered a large scope of topics related to sustainability in various contexts such as smart cities agriculture energy and gas production and distribution industry management and biodiversity The United States Government Internet Directory, 2014 Shana Hertz Hattis,2014-07-29 The United States Government Internet Directory serves as a guide to the changing landscape of government information online The Directory is an indispensable guidebook for anyone who is looking for official U S government resources on the Web The Semantic Web - ISWC 2019 Chiara Ghidini,Olaf Hartig,Maria Maleshkova,Vojtěch Svátek,Isabel Cruz,Aidan Hogan,Jie Song,Maxime Lefrançois,Fabien Gandon,2019-10-17 The two volume set of LNCS 11778 and 11779 constitutes the refereed proceedings of the 18th International Semantic Web Conference ISWC 2019 held in Auckland New Zealand in October 2019 The ISWC conference is the premier international forum for the Semantic Web Linked Data Community The total of 74 full papers included in this volume was selected from 283 submissions The conference is organized in three tracks for the Research Track 42 full papers were selected from 194 submissions the Resource Track contains 21 full papers selected from 64 submissions and the In Use Track features 11 full papers which were selected from 25 submissions to this track The chapter The SEPSES knowledge graph An integrated resource for cybersecurity is open access under a CC BY 4 0 license at link springer com Quick and Easy 400-Calorie Recipes Dick Logue,2024-03-05 Super simple mega satisfying meals that cover your every craving and desire from wholesomely hearty breakfasts to decadent dinners that won t break the calorie bank For people looking to shed pounds and live more healthfully eating meals in the 400 calorie range is your secret weapon to weight loss success Not only do these meals fuel your energy rev metabolism and keep you feeling full longer but they also help you stick to a daily caloric range of 1200 to 1500 total calories which is ideal for tipping the scales in your favor With Quick and Easy 400 Calorie Recipes you can reap the benefits of these low calories meals without spending hours in the kitchen Perfect for anyone trying to pursue weight loss while living a busy life this book works by expertly focusing on nutrient dense low calorie ingredients that you can eat in abundance such as leafy greens artichokes and berries and

combining them with smaller portions of equally filling foods like whole grains beans eggs and poultry Featuring recipes for breakfast lunch and dinner the recipes include Strawberry Dream Pancakes Cheese and Vegetable Frittata Cool and Curried Rice Salad More than the Usual Shrimp Remoulade Sirloin Steak with Golden Fried Zucchini Honey Fried Chicken Dinner Better for You Beef Stroganoff Apple Cranberry Stuffed Pork Roast with Sweet Potatoes Salmon and Vegetables Teriyaki Savory Lentil Pie Pasta with Mushroom and Sun Dried Tomato Sauce Quick and Easy 400 Calorie Recipes will help you lose weight without letting cooking and planning weight loss friendly meals take over your life Managing Child Nutrition

Programs Josephine Martin, Martha Conklin, 1999 Health Sciences Nutrition **Professional Baking** Wayne Gisslen, 2021-11-23 A comprehensive and reliable approach to the foundations of baking ideal for students and early career professionals In the newly revised Eighth Edition to Professional Baking best selling author Wayne Gisslen delivers a comprehensive and accessible introduction to baking practices including the selection of ingredients and proper mixing and baking techniques The book discusses makeup and assembly as well as skilled and imaginative decoration and presentation in a straightforward and learner friendly style Each recipe and formula still includes US and metric measurements The metric measurements have been updated and revised based on the baker s percentages of each ingredient the strong technique instruction of the formulas and recipes remain unchanged from previous editions The clear narrative is accompanied by links to technique videos glossaries and audio pronunciations math tutorials and quizzes to assist the student and professional baker in the development of both foundational and more advanced skills THE NEW EDITION INCLUDES Updates to the art program including new photos tables and illustrations throughout the book Revised and updated formulas and recipes including new material on emulsions revisions to the text explaining mixing techniques no knead breads and double hydration New material and recipes on the construction of entremets and revised material on the Joconde Method and dough lamination This latest edition of Professional Baking is an indispensable resource for both students of baking and professional chefs seeking a sound theoretical and practical foundation in baking practices The United States Government Internet Directory 2020 Mary Meghan Ryan, 2020-09-16 Discover the depth of government information and services available online The United States Government Internet Directory serves as a guide to the changing landscape of government information online The Directory is an indispensable guidebook for anyone who is looking for official U S government resources on the Web The U S government s online information is massive and can be difficult to locate Many government sites are part of the Deep Web with content that does not surface or surface easily even with the most popular search engines It is more important than ever to have a source that serves as an authoritative guide to the federal Web The United States Government Internet Directory navigates the maze of data and locates the materials that you seek The subject based approach of this book allows you to browse for relevant sites in your field of interest rather than sift through hundreds of search results or try to guess which federal agency to consult Researchers business people teachers

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Real Web Project Management Thomas J. Shelford, Gregory A. Remillard, 2003 The authors show not just the generally accepted methodology but also where and how that theory doesn t help in real world situations This practical handbook approach allows the reader to find immediate solutions to the problem at hand The CD and Website include valuable project plan templates model websites project checklists consulting contracts and software vendor reviews

The Moosewood Restaurant Cooking for Health Moosewood Collective, 2009-11-03 Motivated by the simple principle that eating more vegetables fruits and whole grains keeps people healthier longer the Moosewood Collective presents this all new collection of more than 200 recipes that make whole foods wholly delicious Moosewood Restaurant s cookbooks have long been an essential resource for creative recipes for home cooks recipes that make mindful eating an unqualified pleasure In this latest book the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition From soups to desserts the dishes in this book are distinctive adventurous and globally inspired Including plenty of vegan gluten free and raw food options the book has something to please every taste Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right appetizers such as Chickpea Cr pes and Pineapple Salsa with Blueberries are festive for a casual gathering and Southwestern Black Bean Burgers are a great choice for a cookout Tofu Leek and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion Desserts like Figs Baked with Ch vre and Pistachios Chocolate Bark and Sweet Potato Pie with Pecan Oat Crust are naturally sweet and packed with nutrients Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions The Collective discusses everything from eating locally to the Glycemic Index and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant Eating well feels good Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health You can do both

Programming Excel with VBA Flavio Morgado, 2016-11-09 Learn to harness the power of Visual Basic for Applications VBA in Microsoft Excel to develop interesting useful and interactive Excel applications This book will show you how to manipulate Excel with code

allowing you to unlock extra features accuracy and efficiency in working with your data Programming Excel 2016 with VBA is a complete guide to Excel application development using step by step guidance example applications and screenshots in Excel 2016 In this book you will learn How to interact with key Excel objects such as the application object workbook object and range object Methods for working with ranges in detail using code Usage of Excel as a database repository How to exchange data between Excel applications How to use the Windows API to expand the capabilities of Excel A step by step method for producing your own custom Excel ribbon Who This Book Is For Developers and intermediate to advanced Excel users who want to dive deeper into the capabilities of Excel 2016 using code [500 More Low-Carb Recipes](#) Dana Carpenders,2004-10-01 Dana Carpenders has done it again 500 all new recipes from snacks to desserts that the whole family will love This time she highlights world cuisines including Italian French Chinese Japanese Greek Mexican and other ethnic favorites Most of these cuisines emphasize carbs whether it s rice pasta or potatoes but Dana has worked her magic to make delicious simple low carb versions that provide variety to the world s most popular diet

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