



Domain Glossary

1 Definitions

We make use of the following definitions:

Aisle	A portion of a grocery store lined with shelves containing products. Aisles are often identified by a number and the kinds of products that they contain.
Density	The numbers of grams per milliliter for a particular ingredient. The denitiy is used to convert between mass/weight units and volume units.
Destination Utensil	In a step, the destination utensil is the utensil that the ingredient/contents is destined for. For example, in the step "Put the contents of the strainer in the 1-quart casserole", the 1-quart casserole is the destination utensils.
Dish	<ol style="list-style-type: none">1. A particular preparation of food or foods.2. A shallow, flat-bottomed container for cooking or serving food.
Document	A representation an editable recipe or meal. A document can be created, loaded from the file system or saved to the file system.
Embedded Recipe	A recipe that is part of another recipe. For example,
Ingredient	A food item used in a recipe.
Meal	One or more recipes.
Nutritional Info.	In general, nutritional information can include calories, densities, vitamins/minerals, fats, carbohydrates, etc.
Number Served	The number of people that can be served by a recipe given the particular amounts specified in it.
Plating	The process of placing the parts of a meal on one or more dishes/plates prior to serving.
Recipe	The utensils, ingredients, and steps used to prepare a particular dish.
Serving	The process of giving plated meals to the people who are going to eat them.
Shopping List	The ingredients (including amounts) that must be purchased to prepare a particular recipe or meal.

Source Utensil	In a step, the source utensil is the utensil that has contents to be acted on. For example, in the step "Put the contents of the strainer in the 1-quart casserole", the strainer is the source utensil.
Step	A single task that must be completed when following a recipe to prepare a dish.
Unit	A quantity chosen as a standard in terms of which other quantities may be expressed.
Utensil	See also, source utensil and destination utensil.

2 Nutritional Information

At a minimum, we support the following nutritional information for all ingredients: the calories per 100 grams and the density (in grams per milliliter). The specific list of ingredients we support includes:

Food	cal/100g	g/ml
Alcohol	275	0.79
Almond	601	0.46
American cheese	440	0.34
Apple	44	0.56
Apple juice	48	1.04
Banana	65	0.56
Bean	130	0.77
Beef	280	1.05
Blackberry	25	0.53
Black pepper	255	1.01
Bread	240	0.42
Broccoli	32	0.37
Brown sugar	380	1.5
Butter	750	0.91
Cabbage	28	0.36
Carrot	41	0.64
Cashew	553	0.5
Cauliflower	25	0.27
Celery	14	0.61
Cheddar cheese	440	0.34
Cherry	50	1.02
Chicken	200	1.04
Chocolate	500	1.33
Cinnamon	261	0.45
Cod	100	0.58
Corn	130	0.72
Cornflake	370	0.12
Cottage cheese	98	0.96
Crab	110	0.61
Creme de cacao	275	0.79
Cucumber	10	0.67
Egg	150	0.6
Flour	364	0.45
Garlic	111	0.32
Grapefruit	32	0.33
Grape	62	0.37
Grape juice	60	1.04
Green bean	31	0.53
Haddock	110	0.58
Ham	240	1.4
Honey	280	1.5

Ice cream	180	0.55
Kidney bean	333	0.79
Lamb	200	1.3
Lemon	29	0.77
Lentil	116	0.85
Lettuce	15	0.06
Macaroni	371	1.31
Milk	70	1.04
Mushroom	15	1.17
Oil	900	0.88
Olive	80	0.65
Onion	22	0.74
Orange	30	0.77
Paprika	282	0.46
Pasta	371	1.31
Peach	30	0.61
Peanut	567	0.53
Pear	16	0.61
Peas	148	0.73
Pepper	20	0.51
Pineapple	40	0.54
Plum	39	0.58
Pork	290	0.7
Rum	275	0.79
Salmon	180	0.58
Salt	0	1.38
Saltine crackers	421	0.43
Spaghetti	371	1.31
Spinach	8	0.08
Strawberries	30	0.58
Sugar	400	0.95
Sweet potato	86	0.65
Syrup	260	1.38
Thyme	101	0.46
Tomato	20	0.67
Wine	83	0.99

3 Supported Units and Conversions

3.1 Mass/Weight Units

We support the following mass/weight units: drams (dr), grams (g), pounds (lb), and ounces (oz). The conversion factors are as follows:

From	To
1 pound	16 ounces
1 ounce	16 drams
1 ounce	28.34952 grams

3.2 Volume Units

We support the following volume units: pinches (p), teaspoons (tsp), tablespoons (tbs), fluid ounces (froz), cups (cup), pints (pt), quarts (qt), gallons (gal), and milliliters (ml). The conversion factors are as follows:

From	To
1 teaspoon	16 pinches
1 tablespoon	3 teaspoon
1 fluid ounce	2 tablespoons
1 cup	8 fluid ounces
1 pint	2 cups
1 quart	2 pints
1 gallon	4 quarts
1 cup	236.58824 milliliters
1 fluid ounce	29.57353 milliliters
1 tablespoon	14.7867648 milliliters

3.3 Count Units

When an ingredient is measured by count (e.g., 3 bananas) the unit is listed as "individual".

3.4 Converting Between Weights and Volumes

A weight (in grams) can be converted to a volume (in milliliters) using the density of the food (in grams/milliliter). So, for example, 10 grams of chicken is approximately equal to 9.615 milliliters of chicken because:

$$10 \text{ grams} / 1.04 \text{ grams/milliliter} = 9.61538461538462$$

Of course, it is also possible to combine multiple conversion factors. So, for example, to convert 1 cup of chicken to ounces it is possible to make use of the following relationships:

$$\text{cups} \cdot \text{milliliter/cup} \cdot \text{grams/milliliter} \cdot \text{ounces/gram} = \text{ounces}$$

yielding:

$$1 \cdot 236.5882 \cdot 1.04 \cdot 0.035273962 = 8.679219291$$