

cal/oz > 52
44.8 **2,327**
oz **cal**

TOTAL	Note	Orig	Mod	Unit	7/12/2022 Vol	7/4/2022 Vol	6/25/2022 Vol	cal/oz > 44.8 oz	52 2,327 cal	note		
Result												
FINAL CALORIES												
FINAL WEIGHT												
FINAL VOLUME												
22 W OZ												
1 QT = 32 FL OZ												
1	Broccoli florettes	b	2-3 #		Fresh 11.5 oz	19 oz	22 oz	22	210	bc	12 oz (TJ's)	48 oz
2	Onion		1 small		1/4 med =~ 1.5 oz	3 wt oz = 1/2 med	1/2 med	1.5	22		1 TBSP flakes	1 small
3	Apple				1/2 med	1 med	1 med	2	95			
	Bacon		1 #	1/2 #	---	---	---					1#
	Raisens		1/4 cup		---	---	---				1/4 cup	1 cup
10	Craisens		1/2 #		1/4 cup	1/4 cup	1/4 cup	2	120			
	Sunflower seeds or pine nuts		1/4 cup	1/2 cup	---	---	---		----		1/4 cup	1 cup
9	Honey		2 TBSP		1	2 TBSP	2 TBSP	1			2 TBSP	4 oz
	Agave				---	---	---					
8	Mayonnaise		1 cup	1/2 cup	4 TBSP	3/4 cup	1 cup	7.5	1400			
7a	Olive Oil		1/2 cup		4 TBSP	1/4 cup	1/4 cup	1.8	480		2 TBSP	4 oz
	Sesame Oil		2 TBSP						----		1 TBSP	2 oz
7b	Toasted Sesame				1/4 tsp	1 tsp	1 tsp					
	Water			TBSP	1/2	1 TBSP	2 TBSP	1				
5	Lemon Juice		L	TBSP	1.5							
6	Apple Cider Vinegar			TBSP	4	8 TBSP	6-8 TBSP	4				
	White Vinegar		2 TBSP		-----	-----	-----					
	Rice Wine Vinegar		2 TBSP	2 TBSP	-----	-----	-----				2 TBSP	4 oz
4a	Basil			tsp	1/4+	1/2 tsp	1/2 tsp					
4b	Salt			tsp	1/4+	1/2 tsp	1/2 tsp					
4c	Sugar		1/4 cup	TBSP	2	1.5	4 TBSP	2			1 TBSP	3 TBSP
4d	Pepper			tsp	1/4+	1/2 tsp	1/2 tsp					
4e	Yeast, Nutritional			tsp	1/4+	---	---					

Notes

b: broccoli, 2# organic bag, florettes cut off
 two heads fresh: start at 24 oz , end at 11.5 oz florettes, 9.3 oz stems, 3.5 oz waste
 L: 1 meyer lemon =~ 1.5 TBSP