Containerize the docker app

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Team Id	PNT2022TMID02461
Project Name	Nutrition Assistant Application
Team members	Shreya Shyam, Shamisha,
	Sriraman and Yuvanesh

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docker-compose.yml ×
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        version: "3.4"
       serv The image that will be pulled for the service. If build is specified, the built
          fl image will be given this tag.
            image: flaskdemo
   5
            build:
              context: .
              dockerfile: ./Dockerfile
            ports:
              - 5000:5000
          redis:
  11
  12
            image: redis:latest
  13
          db:
            image: mongo:latest
```

```
/src/myexpressapp(master x) $ docker exec -it d1e51ce112f52e183fd83bfde5e432725360bf6d7e5922711f7d1c74cd13dec4 /bin/sh
/usr/src/app # ls -al
total 60
                                                         4096 Oct 18 20:57 .
4096 Oct 18 20:57 .
1075 Oct 2 20:57 app.js
4096 Oct 2 20:57 bin
26218 Oct 2 20:57 package-lock.json
300 Oct 2 20:57 package.json
4096 Oct 15 20:27 routes
4096 Oct 15 20:27 views
drwxr-xr-x
                                      root
                     1 root
1 root
drwxr-xr-x
                                      root
-rw-r--r--
                                      root
drwxr-xr-x
                     2 root
                                      root
-rw-r--r--
                      1 root
                                      root
-rw-r--r--
                      1 root
                                      root
drwxr-xr-x
                     3 root
                     2 root
2 root
drwxr-xr-x
                                      root
drwxr-xr-x
/usr/src/app #
```

```
Building server
Step 1/4: FROM node:10
---> 5a401340b79f
Step 2/4 : WORKDIR /usr/src/app
---> Using cache
---> 4f4f20e57ce5
Step 3/4 : RUN npm install
---> Using cache
---> 327cd5a491c7
Step 4/4 : CMD [ "node", "--inspect", "bin/www" ] ---> Running in ed8cb32e441e
Removing intermediate container ed8cb32e441e
---> 054d67b518e1
Successfully built 054d67b518e1
Successfully tagged attach-container-blog_server:latest
WARNING: Image for service server was built because it did not already exist. To rebuild this
-build`.
Creating attach-container-blog_server_1 ... done
Attaching to attach-container-blog_server_1
server_1 | Debugger listening on ws://127.0.0.1:9229/251f3d2a-37e4-4c9e-ba19-5719c3b0881c
server_1 | For help, see: https://nodejs.org/en/docs/inspector
```