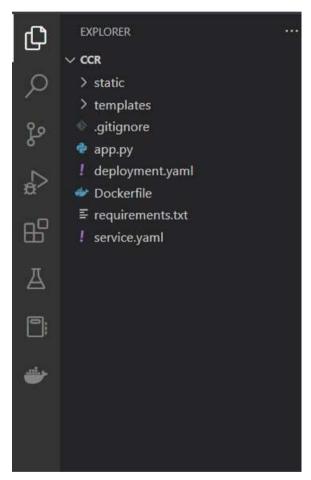
Deployment of app in IBM Cloud

Containerize the app

Date	16 November 2022
Team ID	PNT2022TMID42524
Project Name	NUTRITION ASSISTANT APPLICATION

Step 1. Create the Dockerfile and paste the code



Step 2. Build an image from the docker file.



Step 3.Run your container locally.

```
C. Where When When When folder CCR docker run -d -p 5806;5000 app
45a85421c862d7a4a6351f6587e385a4d3371f65a325cfand8f29761a87315de
C. Where When When When folder CCR docker run -d -p 5806;5000 app
45a85421c862d7a4a6351f6587e385a4d3371f65a325cfand8f29761a87315de
C. Where When When folder CCR docker ps
CONTAINER 10 IMAGE COPPANIO CREATED STATUS PORTS
ASA85421c862 app "bython app.py" 2 minutes ago Up 19 seconds 8.6.0.0:5000-5000/tcp youthful nightingale
C. Where When When folder CCR y
```