# Recipe of the day

[https://api.edamam.com/search?q=&nutrients%5b[ADD NUTRIENT]%5d=[ADD MILLIGRAM]%2B&app\_id=902698cd&app\_key=%20e93d796dd6d7b7ae6039264345846ad3](https://api.edamam.com/search?q=&nutrients%5b%5bADD%20NUTRIENT%5d%5d=%5bADD%20MILLIGRAM%5d%2B&app_id=902698cd&app_key=%20e93d796dd6d7b7ae6039264345846ad3)

nutrients[CA]=50+ means minimum 50mg calcium, where ‘50+’ has to be properly encoded as ‘50%2B’

nutrients[NIA]=16+

|  |  |  |
| --- | --- | --- |
| NIA | Vitamin B3 | 18 mg |
| VITB6A | Vitamin B6 | 2 mg |
| VITC | Vitamin C | 120  mg |
| TOCPHA | Vitamin E | 19 mg |
| K | Potassium | 3400 mg |
| MG | Magnesium | 400 mg |

Source: <https://ods.od.nih.gov/>

Array Search name []

Array Display Name []

Array amount for search []

* Cycle through Nutrient
* Math random for the options of recipe