



SISTEMA EXPERTO

RECOMENDADOR DE



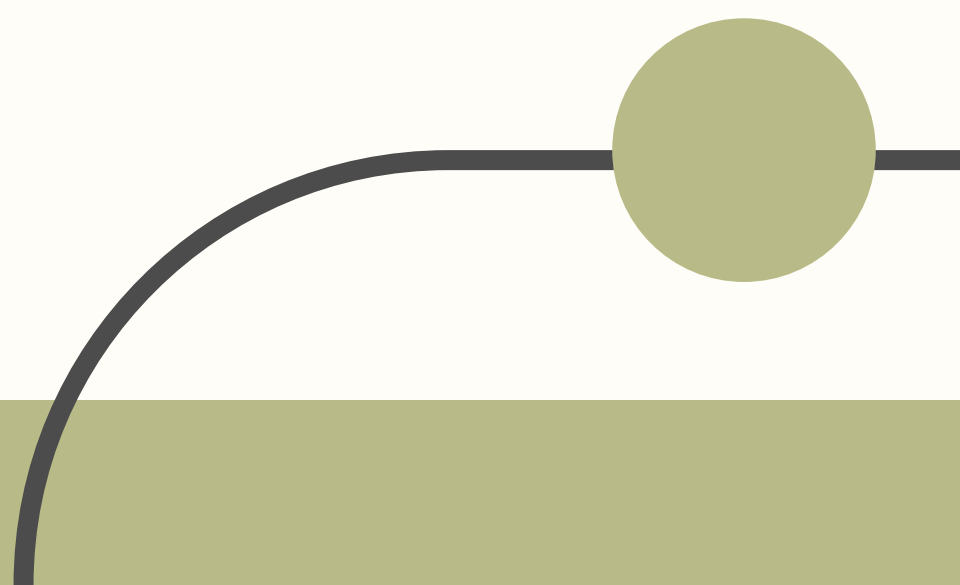
RECETAS DE COCINA





Descripcion del problema

Muchas personas desean cocinar en casa, pero a menudo no saben qué platillos pueden preparar con los ingredientes que tienen disponibles en casa, lo que los lleva a desperdiciar dinero en salir o pedir comida cara.



OBJETIVO

El objetivo del sistema experto es recomendar recetas basadas en los ingredientes que el usuario tiene disponibles en casa y adaptarlas a sus preferencias o restricciones.

Se busca reducir el desperdicio de alimentos, facilitar la elección de recetas, promover una alimentación adecuada a las necesidades personales y apoyar a personas con poca experiencia en la cocina en la toma de decisiones.

Base de Conocimiento

- Si el usuario quiere buscar recetas por ingredientes disponibles, entonces mostrar checklist de ingredientes comunes.
- Si el usuario busco recetas por ingredientes disponibles y seleccionó huevo, entonces mostrará recetas con huevo.

Hechos:

I: El usuario quiere buscar por ingredientes

C: Se muestra el checklist de ingredientes comunes


Regla: **I** \rightarrow **C**

Hechos:

H: El usuario seleccionó huevo

RH: Se muestran recetas con huevo

Regla: **(I** \wedge **H)** \rightarrow **RH**

 Sistema Experto de Recetas


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¿Cómo quieres buscar recetas?

☒ Por ingredientes

☐ Búsqueda guiada

Continuar

 Busqueda por ingredie...

— □ ×

☒ Huevo

☐ Papa

☐ Arroz

☐ Tomate

☐ Pollo

☐ Lenteja

☐ Espinaca

☐ Champiñones

☐ Zanahoria

☐ Calabaza

Buscar

Total de resultados: 49412

Nombre	Minutos	Ingredientes	Pasos
A BIT DIFFERENT BREAKFAST PIZZA	30	prepared pizza crust, sausage patty, eggs, milk, salt and p	preheat oven to 425 degrees f press
BEAT THIS BANANA BREAD	70	sugar, unsalted butter, bananas, eggs, fresh lemon juice,	preheat oven to 350 degrees butter
BETTER THAN SEX STRAWBERRIES	1460	vanilla wafers, butter, powdered sugar, eggs, whipping c	crush vanilla wafers into fine crumbs
CRISPY CRUNCHY CHICKEN	35	boneless skinless chicken breast halves, condensed creat	combine soup , egg and seasoned sa
DEEP FRIED DESSERT THINGYS	20	all-purpose flour, granulated sugar, baking powder, salt,	in a large bowl , mix flour , granulate
GET THE SENSATION BROWNIES	70	butter, sugar, vanilla, eggs, all-purpose flour, baking coc	preheat oven to 350 degrees grease
HOW I GOT MY FAMILY TO EAT SPIN	50	frozen chopped spinach, egg, salt, black pepper, onion, s	preheat oven to 350 degrees place s
I CAN T BELIEVE IT S SPINACH	30	frozen chopped spinach, eggs, garlic powder, soft bread	combine all ingredients in a large bo
I YAM WHAT I YAM TWO MUFFINS	35	all-purpose flour, buckwheat flour, unsweetened cocoa,	preheat oven to 375 degrees add th
I YAM WHAT I YAM MUFFINS	45	all-purpose flour, buckwheat flour, unsweetened cocoa,	preheat oven to 375 degrees spray r
JEANNE S STYLE BIRTHDAY CAKE	230	shortening, icing sugar, vanilla, all-purpose flour, baking	to prepare base , cut shortening into
JIFFY EXTRA MOIST CARROT CAKE	50	yellow cake mix, vanilla instant pudding mix, nutmeg, ci	preheat oven to 350 degrees mix to
JIFFY ROASTED CORN AND JALAPE	35	whole kernel corn, onion, red bell pepper, butter, jiffy co	melt butter in a saut pan add the cc
KEEP IT GOING GERMAN FRIENDSHI	14450	flour, water, dry yeast, milk, sugar, eggs, vegetable oil, ba	mix starter ingredients in a bowl and
KILLER LASAGNA	90	italian sausage, ground beef, garlic, dried basil, salt, who	brown the sausage and ground meat
KITCHEN SINK EGG BAKE	70	eggs, cottage cheese, cheese, frozen chopped spinach, b	preheat oven to 325 thaw spinach ,
MAKE IT YOUR WAY SHORTCAKES	25	flour, salt, baking powder, sugar, butter, egg, milk	pre-heat the oven to 450 sift togeth
MENNONITE CORN FRITTERS	15	fresh corn, eggs, flour, salt, pepper, baking powder, creat	combine eggs , flour , baking powde
NOW AND LATER VEGETARIAN EMP	90	carrots, butter, onion, sliced mushrooms, zucchini, celer	in a pot , cover carrots with water to
ONE BOWL PERFECT POUND CAKE	70	all-purpose flour, sugar, salt, baking soda, lemon, rind of	preheat oven to 325 degrees and gre
ONE POT BROWNIES	40	unsweetened chocolate squares, butter, sugar, eggs, flou	melt chocolate and butter in heavy p
RISE AND SHINE GERMAN FRUIT PA	45	eggs, flour, milk, salt, butter, powdered sugar, apple pie t	preheat oven to 450 degrees with ar
SOUPER EASY SWEET SOUR MEATE	150	ground beef, dried breadcrumbs, onion, eggs, tomato sc	mix together beef , bread crumbs , o
SPICY BANANA BREAD	75	shortening, white sugar, bananas, eggs, flour, salt, bakini	preheat oven to 350 degrees spray t
SYMPHONY BROWNIES	45	betty crocker fudge brownie mix, eggs, water, vegetable	preheat oven to 350 degrees , or 325
THE BEST BANANA BREAD OR MUF	70	butter, sugar, eggs, bananas, water, baking soda, salt, ba	cream together butter and sugar bl
THE BEST CHOCOLATE CHIP CHEES	90	oreo cookie crumbs, butter, cream cheese, sweetened cc	preheat oven to 300 combine cooki
TO YOUR HEALTH MUFFINS	40	whole wheat flour, natural bran, brown sugar, baking soc	blend together in large bowl flour , b
1 BROWNIES IN THE WORLD BEST I	40	bittersweet chocolate, unsalted butter, eggs, granulated	heat the oven to 350f and arrange th
1 IN CANADA CHOCOLATE CHIP CC	45	white sugar, brown sugar, salt, margarine, eggs, vanilla, v	pre-heat oven the 350 degrees f in a

Detalles de la receta

Nombre: BEAT THIS BANANA BREAD
Tiempo: 70 minutos

Ingredientes:

sugar, unsalted butter, bananas, eggs, fresh
lemon juice, orange rind, cake flour, baking
soda, salt

Pasos:

1. preheat oven to 350 degrees
2. butter two 9x5" loaf pans
3. cream the sugar and the butter until light and
whipped
4. add the bananas , eggs , lemon juice ,
orange rind
5. beat until blended uniformly
6. be patient , and beat until the banana lumps
are gone
7. sift the dry ingredients together
8. fold lightly and thoroughly into the banana
mixture
9. pour the batter into prepared loaf pans
10. bake for 45 to 55 minutes , until the loaves
are firm in the middle and the edges begin to
pull away from the pans
11. cool the loaves on racks for 30 minutes
before removing from the pans
12. freezes well

Base de Conocimiento

- Si el usuario no quiere seleccionar ingredientes, entonces iniciará búsqueda guiada.
- Si el usuario inicia búsqueda guiada y tiene menos de 15 minutos, entonces mostrará recetas con tiempo de 15 min.

Hechos:

I: El usuario quiere buscar por ingredientes

G: El usuario inicia búsqueda guiada

Regla: $\neg I \rightarrow G$


Hechos:

G: El usuario inicia búsqueda guiada

T15: Tiene menos de 15 minutos

R15: Se muestran recetas de 15 min

Regla: $(G \wedge T15) \rightarrow R15$


 Sistema Experto de Recetas

¿Cómo quieres buscar recetas?

☐ Por ingredientes

☒ Búsqueda guiada

Continuar

 Búsqueda guiada

Platillo:

☐ Entrada

☐ Plato fuerte

☐ Postre

☐ Desayuno

☐ Merienda

☐ Almuerzo

☐ Bebida

Dieta:

☐ Vegetariana

☐ Vegana

☐ Sin gluten

☐ Baja en calorías

☐ Alta en proteína

☐ Bajo en sodio

☐ Sin azúcar

Tiempo:

☒ Menos de 15 min

☐ Menos de 30 min

☐ Menos de 60 min

☐ Más de 60 min

Buscar

Total de resultados: 30469

Nombre	Minutos	Ingredientes	Pasos
BERRY GOOD SANDWICH SPREAD	5	whole berry cranberry sauce, sour cr	in medium size bowl , coarsely mash
CALM YOUR NERVES TONIC	5	gentian root, scullcap herb, burnet r	combine herbs dosage: one-half te
EMOTIONAL BALANCE SPICE MIXTL	10	ground black pepper, ground ginger	mix the spices together and store in .
GRILLED RANCH BREAD	13	butter, dry ranch dressing mix, fren	cream the butter with the dressing r
HEALTHY FOR THEM YOGURT POPS	10	milk, frozen juice concentrate, plain	mix all the ingredients using a blend
HOMEMADE VEGETABLE SOUP FRO	12	low sodium chicken broth, diced tor	combine all ingredients in large pot
MOMMA S SPECIAL MARINADE	10	lemon juice, oil, worcestershire sauc	depending on how much meat i hav
MUNCH WITHOUT GUILT TOMATOE	10	tomatoes, crackers, mayonnaise, bla	put a slice of tomato on each biscuit
NEVER WEEP WHIPPED CREAM	5	whipping cream, vanilla instant pud	whip all ingredients together until fir
SAY WHAT BANANA SANDWICH	5	white bread, mayonnaise, bananas	spread a tablespoon on one side of e
SOUR CREAM AVOCADO DIP VEGA	10	soft silken tofu, avocado, chunky sal	peel and pit avocado , put in a large
THE ELVIS SMOOTHIE	2	banana, natural-style peanut butter,	place all ingredients in blender blen
TIDE ME OVER INDIAN CHAAT SIM	2	cucumber, potato, chopped tomato,	toss everything well in a serving bow
1 EASIEST DR PEPPER HAM GLAZE E	13	dr. pepper cola, orange marmalade,	mix all 3 ingredients in a pan , bring :
250 CHOCOLATE CHIP COOKIES REC	6	butter, brown sugar, vanilla, blended	blended oatmeal: measure and blenc
GO TO BBQ SAUCE FOR RIBS	13	tomato ketchup, dark brown sugar, a	mix all ingredients together heat or
ALMOST GRILLED CHEESE SANDWIC	5	white bread, processed cheese, butte	toast the bread slices spread one sic
BBQ SPRAY RECIPE IT REALLY WOF	5	red wine vinegar, lemon juice, water	mix ingredients together and add to
BERRY FRENCH TOAST OATMEAL	12	old fashioned oats, water, berries, gr	add 1 / 2 cup old-fashioned oats and
CALIFORNIA ROLL SALAD	12	white rice, seasoned rice vinegar, lett	prepare rice according to directions
CHEF SALAD DRESSING	10	miracle whip, sugar, cider vinegar, ke	mix all ingredients until smooth and
CHIC GREEK SALAD	12	seedless cucumber, red ripe tomatoe	arrange the cucumbers , tomatoes , i
CRAB NOODLE BOWL	7	stir fry vegetables, imitation crabme	in large non-stick pan , cook veggies
DENAUSEATING WITH GINGER TEA	10	water, ginger, tea bag, honey, milk	bring water to boil with crushed ging
FIRE SAUCE	10	tomato paste, water, vinegar, canne	combine the tomato paste and wate
GREENS TO GO SMOOTHIE	6	banana, water, honey, apple, coconu	add all ingredients , except greens to
JAMBA JUICE AT HOME LIME IT UP	10	frozen limeade concentrate, mango,	pour the limeade mix in the blender
JAMBA JUICE AT HOME STRAWBERI	10	apple juice, strawberry, banana, non-	pour the apple juice in the blender i
LEFTOVER LO MEIN FOR TWO	9	cooked pasta, carrots, peas, egg, coc	combine everything but pasta on stc
LEFTOVERS DESSERT	5	cream cheese, cool whip, cake crum	combine cream cheese and cool whi

Detalles de la receta

Nombre: 250 CHOCOLATE CHIP COOKIES RECIPE

Tiempo: 6 minutos

Ingredientes:

butter, brown sugar, vanilla, blended oatmeal, baking soda, hershey chocolate candy bars, nuts, flour, sugar, eggs, baking powder, semi-sweet chocolate chips

Pasos:

1. blended oatmeal: measure and blend in a blender to fine powder
2. cream butter and both sugars
3. add eggs and vanilla
4. mix together with flour , oatmeal , salt , baking powder and soda
5. add chips , candy , and nuts
6. refrigerate for 1 / 2 an hour
7. roll into balls and place 2 inches apart on cookie sheet
8. bake for 6 minute at 375 degrees



GRACIAS