

Breakdown of Files:

recipescrape.py script that took nutritional information from the 200 most popular main dishes on allrecipes.com and stored them in a text file (It also stored all the ingredients so I can play around with it later)

cleanrecipe.py script that then cleans the data above.

Popular Recipes Nutrition.xlsx statistical calculations

data.txt original data scraped via recipescrape.py

cleandata.txt cleaned data (removed 'mg's and g's)

ingredients.txt all ingredients from every recipe. Hope to play around with this later

Statistics:

Average Calories per Serving:	422
Average Sodium per Serving:	890 mg
Average Vitamin C per serving:	21% of daily serving
Min Calories per Serving:	135
Max Calories per Serving:	1109

Data:

Recipe Name	Calories	Sodium	Carbs	Potassium	Protein	Vitamin A	Vitamin C
World's Best Lasagna	448	1788	36.5	876	29.7	29%	28%
Broiled Tilapia Parmesan	224	220	0.8	479	25.4	6%	5%
Awesome Slow Cooker Pot Roast	426	639	4.9	*768	45.6	< 1 %	< 1 %
Brown Sugar Meatloaf	353	763	24.1	375	18.4	5%	5%
Baked Ziti I	578	914	58.4	721	27.9	23%	7%
Chicken Cordon Bleu II	584	655	7.7	473	41.6	28%	20%
Sloppy Joes II	189	455	11.2	323	15.1	6%	16%
Baked Teriyaki Chicken	272	1282	19.9	272	24.7	1%	< 1 %
Baked Pork Chops I	457	1142	36	*440	29.9	3%	< 1 %
Zesty Slow Cooker Chicken Barbecue	300	1058	32.4	331	23	3%	2%
Chicken Marsala	448	543	13.3	411	28.8	8%	3%
Grilled Salmon I	318	1092	13.2	389	20.5	< 1 %	5%
Slow Cooker Pulled Pork	335	990	49.4	474	21.2	3%	< 1 %
Chicken Enchiladas II	619	1459	66.8	397	26.1	13%	24%
Slow Cooker Beef Stroganoff I	376	711	9.5	*319	22	17%	3%
Easy Meatloaf	372	335	18.5	343	18.2	4%	4%
Roast Sticky Chicken-Rotisserie Style	586	1351	3.7	603	61.7	11%	5%
Maple Salmon	265	633	14.1	473	23.2	1%	8%

Easy Slow Cooker French Dip	413	661	19.6	*504	39.1	2%	< 1 %
Salsa Chicken	287	863	6.8	*531	35.5	11%	5%
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Salsa Chicken	287	863	6.8	*531	35.5	11%	5%
BBQ Pork for Sandwiches	355	623	15.2	544	30.2	2%	1%
Burrito Pie	432	847	33.3	*388	19.8	5%	14%
Braised Balsamic Chicken	196	511	7.6	*209	23.8	7%	16%
Slow Cooker Chicken Stroganoff	456	1603	9.5	*408	33.4	23%	3%
Angel Chicken Pasta	528	1265	48.3	*481	37.5	15%	2%
Salisbury Steak	440	818	14.1	380	23	3%	4%
Rosemary Ranch Chicken Kabobs	378	1097	4.8	*244	19.9	< 1 %	3%
Chuck's Favorite Mac and Cheese	591	720	45.5	222	26.8	19%	< 1 %
Eggplant Parmesan II	487	1663	62.1	*815	24.2	22%	8%
Anniversary Chicken I	529	894	6.7	*664	62.8	7%	9%
Marinated Grilled Shrimp	273	472	2.8	*329	31	*8 %	*7 %
Slow-Cooker Pepper Steak	301	1189	11.7	609	28.2	9%	79%
Homemade Black Bean Veggie Burgers	198	607	33.1	515	11.2	15%	32%
Chicken Breasts with Balsamic Vinegar and Garlic	268	286	9.9	*608	30.9	2%	8%
Sweet, Sticky and Spicy Chicken	232	1234	13.9	205	22.8	2%	10%
Rempel Family Meatloaf	360	803	9.5	*285	26.8	7%	5%
Aussie Chicken	813	1807	57.1	*437	47.2	7%	7%
Famous Butter Chicken	448	639	9.3	*346	31.6	17%	2%
Baked Dijon Salmon	422	480	17.6	*500	24.3	11%	45%
Shepherd's Pie VI	452	295	52.5	1443	23.1	173%	89%
Bow Ties with Sausage, Tomatoes and Cream	656	1088	50.9	*350	20.1	34%	29%
Baked Salmon II	613	1235	2.9	*665	36.3	*7 %	*15 %
Meatball Nirvana	343	940	15.3	513	31	8%	6%
Yummy Honey Chicken Kabobs	178	442	12.4	*242	17.4	*13 %	*46 %

Amazing Pork Tenderloin in the Slow

Cooker	180	918	5.8	*450	24.5	< 1 %	3%
Szechwan Shrimp	142	500	6.7	230	18.3	10%	9%
Chicken Tikka Masala	404	4499	13.3	*661	24.6	*49 %	*18 %
Spicy Garlic Lime Chicken	220	555	2.4	341	27.7	6%	9%
Addictive Sweet Potato Burritos	505	1029	76.6	*503	20	272%	26%
Ginger Glazed Mahi Mahi	259	830	16	755	32.4	6%	< 1 %
American Lasagna	664	1900	48.3	*872	50.9	35%	39%
Chicken Enchiladas I	498	1227	49.7	*496	26.7	19%	18%
Lime Chicken Soft Tacos	204	433	18.9	200	16.2	4%	7%
Stuffed Green Peppers I	463	971	35.5	783	27.2	30%	261%
Honey Mustard Grilled Chicken	266	618	22	*219	24.7	< 1 %	< 1 %
Baked Honey Mustard Chicken	232	296	24.8	264	25.6	5%	2%
Juicy Roasted Chicken	423	662	1.2	305	30.9	16%	< 1 %
Chicken Fried Chicken	887	389	14.2	272	29.2	2%	2%
Marinated Baked Pork Chops	166	256	6.5	262	14.6	1%	3%
Shrimp Scampi Bake	420	681	1.8	*331	30	26%	10%
Angela's Awesome Enchiladas	709	1764	52.5	*590	42.2	*28 %	*31 %
Slow Cooker Italian Beef for Sandwiches	318	819	1.6	*530	39.4	< 1 %	< 1 %
Caramelized Baked Chicken	393	1307	49.6	201	16.8	3%	2%
Cajun Chicken Pasta	1109	1134	53.7	891	42.7	*85 %	*151 %
Caramel Apple Pork Chops	262	124	17.1	318	13.8	4%	6%
Slow Cooker Buffalo Chicken Sandwiches	578	2902	80.6	*396	31.3	*3 %	*2 %
Honey Baked Chicken II	514	709	24	308	31.3	12%	< 1 %
Mini Meatloaves	255	656	16.6	248	15.1	8%	5%
Fish Tacos	409	407	43	511	17.3	5%	42%
Actually Delicious Turkey Burgers	183	354	2.3	292	20.9	2%	3%
Chicken Milano	641	501	47	*681	36.3	22%	8%
Homestyle Turkey, the Michigander Way	545	560	0.9	701	68.1	5%	1%
Beef Stroganoff III	304	619	5.7	213	16.6	10%	3%
Lemon Garlic Tilapia	142	93	1.4	492	23.1	4%	12%
Chicken Cordon Bleu I	419	932	12.6	457	46.1	8%	20%
Tomato Chicken Parmesan	513	1249	31.2	518	44.3	14%	3%
Pizza Casserole	386	903	17.7	*283	20.2	6%	26%
Best Tuna Casserole	611	1068	58.1	635	35.6	20%	12%
White Cheese Chicken Lasagna	428	882	25.1	*419	28.6	127%	7%
Unbelievable Chicken	337	736	22.4	*269	24.8	*< 1 %	18%
Baby Back Ribs	828	1580	45.7	790	36.6	6%	2%
Hamburger Steak with Onions and Gravy	319	597	13.5	387	23.1	2%	6%
Spaghetti Squash I	147	269	12.8	276	4.1	12%	16%
Chicken Breasts Pierre	247	915	14.8	*528	*28.8	*12 %	*14 %
Baked Slow Cooker Chicken	408	133	0.2	366	35.2	9%	5%
Delicious Black Bean Burritos	692	1803	70.2	*296	21.2	34%	70%
Marie's Easy Slow Cooker Pot Roast	540	272	18.2	1173	45.7	77%	30%
Easy Mexican Casserole	632	1308	32.8	925	31.7	31%	13%
Tangy Slow Cooker Pork Roast	210	483	9.4	381	24.6	*< 1 %	*3 %
Slow-Cooker Barbecue Ribs	497	1245	33	*698	26	*12 %	25%
Garlic Prime Rib	562	395	1	409	29.6	< 1 %	1%

Italian Breaded Pork Chops	440	1026	33.4	429	30	8%	5%
Famous Pork Chops	444	335	10.6	*258	19.7	18%	< 1 %
Chicken Noodle Casserole I	542	895	35.5	*283	23.3	17%	< 1 %
Spaghetti Carbonara II	444	417	44.7	258	16.4	5%	4%
High Temperature Eye-of-Round Roast	227	123	0	359	26.6	0%	0%
Burgundy Pork Tenderloin	400	676	8.2	1107	47.8	1%	2%
Asian Orange Chicken	445	763	68.7	*309	17.8	3%	24%
Taco Pie	687	863	50.6	*305	24.4	7%	< 1 %
Zucchini Patties	256	320	15.8	240	13.8	7%	17%
Turkey and Quinoa Meatloaf	259	968	15.2	429	25.3	2%	9%
Mushroom Pork Chops	210	924	9.6	600	23.6	< 1 %	5%
Chicken Fettuccini Alfredo	673	1386	57	*732	43.3	18%	11%
Easy Garlic Broiled Chicken	303	615	2.3	194	16.8	12%	3%
Artichoke Spinach Lasagna	396	1139	44.5	*556	21.1	102%	26%
Alaska Salmon Bake with Pecan Crunch Coating	368	353	15.9	*411	26.2	8%	19%
A Good Easy Garlic Chicken	214	368	1.7	329	27.6	7%	3%
Baked Chicken Nuggets	308	989	14.6	237	19.3	13%	3%
Peppered Shrimp Alfredo	707	1073	50.6	*513	28.4	*33 %	*53 %
Kalua Pig in a Slow Cooker	243	715	0	348	25.9	*< 1 %	*< 1 %
Chicken Parmigiana	528	1309	44.9	804	43.5	22%	6%
Pesto Chicken Florentine	572	1707	57.3	*520	41.9	*30 %	*11 %
Shrimp Lemon Pepper Linguini	481	354	47.5	*418	*31.5	*17 %	*48 %
Balsamic Roasted Pork Loin	299	732	3.1	301	18.3	*< 1 %	1%
Connie's Zucchini "Crab" Cakes	196	320	23.2	227	5.6	*6 %	*17 %
Chicken Breasts in Caper Cream Sauce	313	974	1.8	345	28.2	15%	3%
Spinach Stuffed Chicken Breasts	449	685	5.2	520	33.4	170%	7%
Barbecued Beef	276	562	13.5	*312	18.7	*6 %	*8 %
Cottage Cheese Chicken Enchiladas	548	1685	34.4	*429	33.2	23%	45%
Salsa Chicken Rice Casserole	477	1143	34.8	367	30	15%	3%
Linda's Lasagna	494	1626	38.2	891	38.2	29%	25%
Penne with Spicy Vodka Tomato Cream Sauce	435	544	52.7	*427	13.3	*22 %	*20 %
Buffalo Style Chicken Pizza	785	1840	66.6	*156	37.1	*6 %	*12 %
Marinated Flank Steak	275	935	3.4	*245	14.8	< 1 %	5%
Spinach Tomato Tortellini	400	885	43.9	*118	14.8	28%	12%
Stuffed Peppers	248	564	25.6	659	16	20%	160%
Honey Glazed Ham	521	1492	42.4	*370	26.1	5%	< 1 %
Slow Cooker Turkey Breast	273	309	1.5	*577	59.5	0%	< 1 %
Easy Tuna Casserole	469	708	37.1	*105	12.8	*4 %	*< 1 %
Broccoli Chicken Divan	186	440	12.2	*356	15.5	16%	113%
Slow Cooker Texas Pulled Pork	527	790	45.5	*606	31.9	10%	9%
Chicken Piccata II	276	539	7.6	*193	*25.9	*9 %	*9 %
Key West Chicken	184	735	5.6	235	25.3	< 1 %	1%
Swiss Chicken Casserole II	430	829	19	*365	38.5	12%	2%
Foolproof Rib Roast	576	880	0.6	539	37	< 1 %	< 1 %
Grilled Marinated Shrimp	447	800	3.7	*308	25.3	*11 %	*41 %
Greek Chicken Pasta	488	444	70	*526	32.6	10%	93%

Beef Tips and Noodles	314	673	41.1	*221	17.4	< 1 %	< 1 %
Sage Pork Chops	159	1063	0.6	345	20.6	3%	< 1 %
Tuna Noodle Casserole from Scratch	562	793	39.9	520	30.8	31%	11%
Cabbage Roll Casserole	352	840	25.5	691	17.1	7%	90%
Cajun Chicken Pasta	935	1189	54	914	43.7	*87 %	*214 %
Balsamic-Glazed Salmon Fillets	288	236	6.5	*540	28.5	2%	11%
Chicken With Mushrooms	454	1108	23.8	*509	44.1	12%	3%
Chicken Enchiladas V	352	794	30.6	*172	19.2	*12 %	*18 %
Simple BBQ Ribs	441	4260	24.5	517	33.3	3%	2%
Savory Garlic Marinated Steaks	576	2496	36	586	28.4	*1 %	*9 %
Homemade Mac and Cheese	858	879	66.7	459	37.7	35%	< 1 %
Glazed Meatloaf I	589	500	25.2	490	27.9	5%	14%
Sean's Falafel and Cucumber Sauce	586	1580	59.5	592	14.7	24%	37%
Penne with Chicken and Asparagus	332	117	43.3	*301	16.7	9%	6%
Firecracker Grilled Alaska Salmon	307	649	4.6	613	23.3	8%	2%
Garlic Chicken Fried Chicken	391	935	37.3	368	32.8	9%	2%
Baked Salmon Fillets Dijon	331	552	7.5	*348	25	11%	< 1 %
Scott Hibb's Amazing Whisky Grilled Baby Back Ribs	1043	1720	54.7	*1269	50.7	*18 %	*22 %
California Grilled Veggie Sandwich	393	623	36.5	332	9.2	19%	73%
Slow Cooker Ham	360	1425	18	367	25.8	0%	0%
Asian Beef with Snow Peas	203	711	9.7	343	16	1%	44%
Tofu Parmigiana	357	841	18.8	475	25.7	12%	9%
Cabbage Rolls II	246	748	18.3	455	19	5%	44%
Basil Chicken over Angel Hair	362	536	37.8	548	28.4	23%	28%
Cheddar Baked Chicken	368	866	19.9	191	22.2	15%	6%
Angel Hair Pasta with Shrimp and Basil	527	969	46.7	869	34	79%	62%
Filet Mignon with Rich Balsamic Glaze	367	64	5.7	402	20.3	< 1 %	< 1 %
Pollo Fajitas	210	344	5.7	453	27.6	7%	50%
Sour Cream Pork Chops	257	485	14.3	*317	*16.9	*5 %	*3 %
Suki's Spinach and Feta Pasta	451	656	51.8	641	17.8	48%	38%
Cajun Seafood Pasta	695	1054	62.2	532	31.5	52%	33%
Guinness® Corned Beef	286	1384	14.4	*355	16.8	*0 %	*51 %
Baked Ziti IV	489	801	43.8	538	22.1	15%	5%
Chicken Scampi II	458	678	1.4	340	27.7	16%	7%
To Die For Fettuccine Alfredo	964	582	84	285	23.7	38%	< 1 %
Stuffed Cabbage Rolls	223	657	13.3	338	12.8	36%	42%
Fettuccine with Sweet Pepper-Cayenne Sauce	475	403	69.3	414	20.3	73%	163%
Creamy Pesto Shrimp	646	437	43	217	23.1	29%	4%
Beef and Bean Chimichangas	821	1855	83.6	*746	40.1	24%	36%
Chicken and Bacon Shish Kabobs	235	919	14.4	*387	18.9	*2 %	*9 %
Kung Pao Chicken	437	596	25.3	*621	34.4	*3 %	*9 %
Chicken Makhani (Indian Butter Chicken)	408	620	15.6	*625	23.4	*24 %	*19 %
Baked Ziti III	761	1258	74.9	954	36.2	32%	9%
Indian Chicken Curry II	313	268	14	576	19.1	11%	26%
Spanish Rice Bake	350	604	24.9	445	18.5	*5 %	36%
Mouse's Macaroni and Cheese	463	1333	34.2	398	23	23%	< 1 %

Charley's Slow Cooker Mexican Style

Meat	260	315	3.3	254	18.4	10%	68%
Amy's Garlic Egg Chicken	508	1562	24.6	364	37.5	15%	4%
Clark's Quiche	444	1078	14.6	332	21.5	53%	14%
Crispy Rosemary Chicken and Fries	497	145	27.6	*971	24.4	*3 %	*25 %
Baked Scallops	363	565	15.6	587	31.3	16%	10%
Sausage Pasta	423	1077	39	*475	22.3	118%	23%
Pepperoncini Beef	998	2550	71.5	*738	55.9	15%	2%
Oven Fried Chicken III	690	967	17.9	336	34.1	7%	< 1 %
Stuffed Peppers My Way	385	1595	52.6	*463	10.8	28%	179%
Italian Sausage, Peppers, and Onions	461	857	7	445	17.1	22%	93%
Meatball Sandwich	781	1570	78.2	*780	43.6	*20 %	*9 %
Pork Chops for the Slow Cooker	146	1337	10.6	308	16	2%	3%
Chipotle Crusted Pork Tenderloin	183	667	11.7	391	20.4	24%	6%
Blackened Chicken	135	205	0.9	228	24.7	8%	1%
Brooklyn Girl's Penne Arrabiata	588	1034	75.3	644	33.6	44%	25%
Black Beans and Rice	140	354	27.1	*298	6.3	*< 1 %	*6 %