



Ingredient codes Pana Scale

Code Ingredients

23	Almond flour, toasted	26	Crackers, Graham, crushed
67	Almond paste, packed	28	Cranberries, dried
20	Almonds, sliced	21	Cranberries, fresh or frozen
23	Apples, dried, diced	58	Cream, heavy
20	Apples, fresh, peeled, sliced	58	Cream, light
23	Apricots, dried, diced	27	Currants
19	Bacon bits, imitation	34	Dates, chopped
58	Bananas, mashed	61	Egg beaters
27	Barley flour	55	Egg white, fresh
28	Berries, frozen	59	Egg yolk, fresh
38	Blueberries, fresh	63	Egg, Large (one egg = 51 grams)
22	Bread crumbs (dried, seasoned or plain)	18	Flax flour
19	Bread crumbs, fresh	27	Flour, Barley
36	Bread flour	36	Flour, Bread
38	Buckwheat flour	38	Flour, Buckwheat
58	Butter	30	Flour, Cake
56	Buttermilk	18	Flour, Flax
32	Buttermilk powder	22	Flour, Hazelnut
30	Cake flour	29	Flour, King Arthur Unbleached All-Purpose
42	Candied fruit	22	Flour, Oat
38	Candied peel	26	Flour, Round Table Pastry (white)
35	Caramel candies	23	Flour, Rye
36	Carrots, grated	41	Flour, Semolina
04	Cereal, corn flakes	26	Flour, Soy
21	Cheese, grated (Cheddar, Jack, Mozz, Swiss)	23	Flour, Spelt
29	Cherries, dried	23	Flour, Toasted almond
26	Cherries, frozen	28	Flour, whole wheat, pastry
42	Chocolate chips	29	Flour, whole wheat, traditional
38	Chocolate, chopped	29	Flour, whole wheat, white
23	Cocoa, unsweetened	56	Garlic, minced
16	Coconut, grated, unsweetened	39	Ginger, crystallized
15	Coconut, sweetened flakes	26	Graham Crackers, crushed
31	Confectioners' Sugar	32	Ham, diced
80	Corn syrup	22	Hazelnut flour
04	Corn-flakes	33	Hazelnuts, whole
32	Cornmeal, whole	58	Heavy Cream
30	Cornstarch	89	Honey
		74	Jam

Code	Ingredients		
29	King Arthur Unbleached All-Purpose flour	74	Preserves
58	Light Cream	38	Prunes
25	Malted Milk Powder	58	Pumpkin, canned
40	Maple sugar	38	Raisins, dry
75	Maple syrup	33	Raisins, loose
54	Margarine	45	Raisins, packed
22	Marshmallow fluff	47	Raisins, soaked
56	Mayonnaise	28	Raspberries, fresh
28	Mellow Pastry Blend	26	Rhubarb, fresh, medium dice
37	Meringue powder	59	Ricotta
25	Milk powder, Malted	26	Round Table Pastry flour (white)
59	Milk, 1%	28	Rye flakes
39	Milk, Baker's Special Dry	23	Rye flour
60	Milk, evaporated	41	Semolina
15	Milk, store bought, nonfat, dry	27	Sesame seeds
80	Milk, sweetened, condensed	44	Shortening, vegetable
83	Molasses	56	Sour cream
28	Nut topping	26	Soy flour
27	Oat bran	23	Spelt flour
22	Oat flour	04	Splenda
18	Oats, quick cooking	31	Sugar, confectioners', unsifted
40	Oats, steel cut, raw	53	Sugar, dark or light brown, packed
22	Oats, traditional rolled or thick flakes	52	Sugar, granulated white
50	Oil, vegetable	40	Sugar, maple
30	Onions, fresh, diced	33	Sunflower seeds
22	Parmesan, grated	80	Syrup, corn
28	Pastry blend, mellow	75	Syrup, maple
28	Pastry, whole wheat	50	Vegetable oil
63	Peanut butter	44	Vegetable shortening
23	Pecans, diced	26	Walnuts, chopped
69	Pie filling, cherry	53	Water
65	Pie filling, lemon	11	Wheat bran
37	Poppy seeds	28	Wheat flakes, malted
46	Potato flour	28	Wheat germ
31	Powdered sugar, unsifted	29	White whole wheat flour
		29	Whole wheat (traditional) flour
		28	Whole wheat pastry flour
		62	Yogurt
		27	Zucchini, grated

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