



## Ingredient Codes Pana Scale

Code	Ingredients
67	Almond paste, packed
20	Almonds, sliced
23	Apples, dried, diced
20	Apples, fresh, peeled, sliced
62	Applesauce
23	Apricots, dried, diced
32	Arrowroot powder/starch
19	Bacon bits, imitation
58	Bananas, mashed
28	Berries, frozen
38	Blueberries, fresh
22	Bread crumbs (dried, seasoned or plain)
19	Bread crumbs, fresh
58	Butter
62	Buttermilk
32	Buttermilk powder
42	Candied fruit
38	Candied peel
35	Caramel candies
36	Carrots, grated
04	Cereal, corn flakes
21	Cheese, grated (Cheddar, Jack, Mozz, Swiss)
29	Cherries, dried
26	Cherries, frozen
43	Chia seeds
42	Chocolate chips
38	Chocolate, chopped
23	Cocoa, unsweetened
16	Coconut, grated, unsweetened
15	Coconut, sweetened flakes
40	Cornmeal, degermed
32	Cornmeal, whole
30	Cornstarch
26	Crackers, Graham, crushed
28	Cranberries, dried
21	Cranberries, fresh or frozen
61	Cream, heavy
61	Cream, light
27	Currants
34	Dates, chopped
61	Egg beaters
55	Egg white, fresh
59	Egg yolk, fresh
63	Egg, Large (one egg = 51 grams)
43	Flax seed
23	Flour, Almond
23	Flour, Almond, toasted
27	Flour, Barley
36	Flour, Bread
38	Flour, Buckwheat
30	Flour, Cake
20	Flour, Chickpea
32	Flour, Coconut
31	Flour, Corn, degermed
27	Flour, Corn, masa
28	Flour, Corn, whole grain
18	Flour, Flax
22	Flour, Hazelnut
29	Flour, King Arthur Paleo Baking
29	Flour, King Arthur Unbleached All-Purpose
29	Flour, Millet
22	Flour, Oat
28	Flour, Pastry blend, mellow
28	Flour, Pastry, whole wheat
46	Flour, Potato
41	Flour, Rice, brown
41	Flour, Rice, white
26	Flour, Round Table Pastry (white)
23	Flour, Rye
41	Flour, Semolina
42	Flour, Sorghum, refined
29	Flour, Sorghum, whole grain
26	Flour, Soy
23	Flour, Spelt
27	Flour, Tapioca
34	Flour, Teff
29	Flour, whole wheat, traditional
29	Flour, whole wheat, white
56	Garlic, minced

<b>Code</b>	<b>Ingredients</b>		
30	Ghee	38	Prunes
39	Ginger, crystallized	58	Pumpkin, canned
26	Graham Crackers, crushed	38	Raisins, dry
32	Ham, diced	33	Raisins, loose
33	Hazelnuts, whole	45	Raisins, packed
89	Honey	47	Raisins, soaked
74	Jam	28	Raspberries, fresh
25	Malted Milk Powder	26	Rhubarb, fresh, medium dice
54	Margarine	59	Ricotta
22	Marshmallow fluff	28	Rye flakes
56	Mayonnaise	74	Salt, table
37	Meringue powder	27	Sesame seeds
25	Milk powder, Malted	44	Shortening, vegetable
62	Milk, 1%	56	Sour cream
62	Milk, Almond	04	Splenda
39	Milk, Baker's Special Dry	61	Stevia, liquid
62	Milk, Coconut	37	Stevia, powder
60	Milk, evaporated	40	Sugar, coconut
15	Milk, store bought, nonfat, dry	31	Sugar, confectioners', unsifted
62	Milk, Soy	53	Sugar, dark or light brown, packed
80	Milk, sweetened, condensed	52	Sugar, granulated white
83	Molasses	44	Sugar, King Arthur Baking Sugar Alternative
28	Nut topping	40	Sugar, maple
27	Oat bran	31	Sugar, powdered, unsifted
18	Oats, quick cooking	46	Sugar, turbinado (raw)
40	Oats, steel cut, raw	33	Sunflower seeds
22	Oats, traditional rolled or thick flakes	56	Syrup, agave
56	Oil, avocado	80	Syrup, corn
56	Oil, coconut	75	Syrup, maple
55	Oil, olive	82	Tahini paste
50	Oil, vegetable	53	Vanilla extract
30	Onions, fresh, diced	14	Vegetable protein, textured
22	Parmesan, grated	44	Vegetable shortening
63	Peanut butter	26	Walnuts, chopped
23	Pecans, diced	61	Water
69	Pie filling, cherry	11	Wheat bran
65	Pie filling, lemon	28	Wheat flakes, malted
37	Poppy seeds	28	Wheat germ
39	Potato starch	39	Xanthan gum
74	Preserves	62	Yogurt
		27	Zucchini, grated

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