

Build recipe and NIP

Recipe Name : Earthy Beats

STEP 1 Create recipe by adding ingredients and amounts

Amount	Unit	Specific gravity	Food name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)	Actions
<i>Values in this table indicate how much each ingredient contributes to the components per 100 g of the recipe before adjustments are made in Step 2 and Step 3. Creating a custom ingredient that is a liquid? Read about specific gravities in the User Guide. Note that the NPC will use the ingredient's specific gravity to convert the values for liquid ingredients entered as millilitres or litres into grams</i>											
<input type="text" value="1"/>	<input type="text" value="kg"/>		Beetroot, fresh, peeled, raw	52.00	0.45	0.03	0.00	2.05	2.05	13.07	
<input type="text" value="2"/>	<input type="text" value="kg"/>		Carrot, mature, peeled, raw	73.60	0.43	0.05	0.00	2.67	2.67	21.33	
<input type="text" value="200"/>	<input type="text" value="g"/>		Kale, raw	4.96	0.09	0.01	0.00	0.12	0.12	1.23	
<input type="text" value="50"/>	<input type="text" value="g"/>		Ginger, peeled, raw	1.77	0.01	0.01	0.00	0.06	0.02	0.15	
<input type="text" value="500"/>	<input type="text" value="g"/>		Apple, red delicious, unpeeled, raw	32.53	0.04	0.00	0.00	1.71	1.65	0.13	
Total per 100 g				164.86	1.02	0.10	0.00	6.61	6.51	35.91	

FSANZ ingredient Custom ingredient (C)

STEP 2 Enter recipe weights

Has your recipe gained or lost moisture? Read about weight change factors in the User Guide.

Initial weight: Final weight: Weight change:

STEP 3 Generate Nutrition Information Panel (NIP)

Creating a recipe that is a liquid? Read about specific gravities in the User Guide.

Serve size: Specific Gravity: Serves per package:

Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
<i>All values are per 100 g/mL of the final recipe food as displayed on the NIP</i>							
Earthy Beats	260	1.6	0.2	0	10.4	10.3	57

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 375 mL		
	Average Quantity per Serving	Average Quantity per 100 mL
Energy	975 kJ	260 kJ
Protein	6 g	1.6 g
Fat, total	0.6 g	0.2 g
- saturated	0 g	0 g
Carbohydrate	39.1 g	10.4 g
- sugars	38.5 g	10.3 g
Sodium	213 mg	57 mg

