

Build recipe and NIP

Recipe Name : Glow

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>											
1	kg		Orange, valencia, peeled, raw	64.27	0.35	0.04	0.00	2.72	2.72	0.79	
1.5	kg		Carrot, mature, peeled, raw	81.62	0.47	0.06	0.00	2.96	2.96	23.66	
30	g		Ginger, peeled, raw	1.57	0.01	0.00	0.00	0.06	0.02	0.13	
6	g		Turmeric, ground	3.32	0.02	0.02	0.00	0.11	0.06	0.11	
Total per 100 g				150.78	0.85	0.12	0.00	5.85	5.76	24.69	

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:	2536.00	g	Final weight:	2249.94	g	Weight change:	-11.28	%
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STEP 3 Generate Nutrition Information Panel (NIP)

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

Serve size:	375	mL	Specific Gravity:	1	Serves per package:	1
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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>							
Glow	170	1	0.1	0	6.6	6.5	28

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 375 mL		
	Average Quantity per Serving	Average Quantity per 100 mL
Energy	637 kJ	170 kJ
Protein	3.6 g	1 g
Fat, total	0.5 g	0.1 g
- saturated	0 g	0 g
Carbohydrate	24.7 g	6.6 g
- sugars	24.4 g	6.5 g
Sodium	104 mg	28 mg

