

## Build recipe and NIP

Recipe Name : Green Kick

### 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="700"/>  | <input type="text" value="g"/> |                  | Apple, green skin, unpeeled, raw | 113.62        | 0.16        | 0.00          | 0.00          | 5.71           | 5.60        | 1.08         |         |
| <input type="text" value="250"/>  | <input type="text" value="g"/> |                  | Cucumber, common, unpeeled, raw  | 10.00         | 0.15        | 0.02          | 0.00          | 0.23           | 0.23        | 1.92         |         |
| <input type="text" value="100"/>  | <input type="text" value="g"/> |                  | Kale, raw                        | 7.15          | 0.13        | 0.01          | 0.00          | 0.18           | 0.18        | 1.77         |         |
| <input type="text" value="250"/>  | <input type="text" value="g"/> |                  | Celery, raw                      | 9.62          | 0.12        | 0.02          | 0.00          | 0.23           | 0.23        | 18.65        |         |
| <b>Total per 100 g</b>  |                                |                  |                                  | <b>140.39</b> | <b>0.56</b> | <b>0.05</b>   | <b>0.00</b>   | <b>6.35</b>    | <b>6.24</b> | <b>23.42</b> |         |

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: | <input type="text" value="1300.00"/> | <input type="text" value="g"/> | Final weight: | <input type="text" value="2250.04"/> | <input type="text" value="g"/> | Weight change: | <input type="text" value="73.08"/> | <input type="text" value="%"/> |
|-----------------|--------------------------------------|--------------------------------|---------------|--------------------------------------|--------------------------------|----------------|------------------------------------|--------------------------------|

### STEP 3 Generate Nutrition Information Panel (NIP)

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

|             |                                  |                                 |                   |                                |                     |                                |
|-------------|----------------------------------|---------------------------------|-------------------|--------------------------------|---------------------|--------------------------------|
| Serve size: | <input type="text" value="375"/> | <input type="text" value="mL"/> | Specific Gravity: | <input type="text" value="1"/> | Serves per package: | <input type="text" value="1"/> |
|-------------|----------------------------------|---------------------------------|-------------------|--------------------------------|---------------------|--------------------------------|

| 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> |             |             |               |               |                |            |             |
| Green Kick  | 81.1        | 0.3         | 0             | 0             | 3.7            | 3.6        | 14          |

| NUTRITION INFORMATION   |                              |                             |
|-------------------------|------------------------------|-----------------------------|
| Servings per package: 1 |                              |                             |
| Serving size: 375 mL    |                              |                             |
|                         | Average Quantity per Serving | Average Quantity per 100 mL |
| Energy                  | 304 kJ                       | 81.1 kJ                     |
| Protein                 | 1.2 g                        | 0.3 g                       |
| Fat, total              | 0.1 g                        | 0 g                         |
| - saturated             | 0 g                          | 0 g                         |
| Carbohydrate            | 13.8 g                       | 3.7 g                       |
| - sugars                | 13.5 g                       | 3.6 g                       |
| Sodium                  | 51 mg                        | 14 mg                       |

