

Nutrition Analysis

STEP 3:

Enter the Recipe Ingredients and Amounts

If your data sources are accurate and complete, you will be able to derive accurate nutrient values for your recipe (before processing) by entering the ingredients and amounts into your nutrition analysis software. If you have sub-recipes or pre-prepped ingredients, consider the following:

- Each sub-recipe needs to be entered individually before you can enter it into the recipe you are analyzing. For example, if you make your own pizza sauce and crust, the sub-recipes for each need to be entered to produce the data for pizza.
- For items that are marinated, dipped, battered or breaded, the parts left behind in the bowls should not be included in the final calculated nutrition data.