

Build recipe and NIP

Recipe Name : Sweet Potato Cacciatore

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
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.											
<input type="text" value="20"/>	<input type="text" value="g"/>		Carrot, mature, peeled, raw	10.78	0.06	0.01	0.00	0.39	0.39	3.13	
<input type="text" value="22"/>	<input type="text" value="g"/>		Capsicum, red, raw	9.54	0.13	0.02	0.00	0.30	0.30	0.17	
<input type="text" value="68"/>	<input type="text" value="g"/>		Tomato, whole, canned in tomato juice	22.05	0.19	0.03	0.00	0.77	0.77	18.06	
<input type="text" value="5"/>	<input type="text" value="g"/>		Olive, green or black, drained	17.19	0.04	0.40	0.05	0.05	0.00	28.75	
<input type="text" value="8"/>	<input type="text" value="g"/>		Spinach, purchased frozen, boiled, no added salt, drained	4.22	0.11	0.02	0.00	0.02	0.02	3.13	
<input type="text" value="4"/>	<input type="text" value="g"/>		Onion, spring, raw	2.06	0.03	0.00	0.00	0.07	0.07	0.20	
<input type="text" value="3"/>	<input type="text" value="g"/>	0.91	Oil, olive, pure	43.36	0.00	1.17	0.18	0.00	0.00	0.00	
<input type="text" value="7"/>	<input type="text" value="g"/>	1	Wine, white, cooked	2.98	0.01	0.00	0.00	0.03	0.03	0.66	
<input type="text" value="1"/>	<input type="text" value="g"/>	1.00	Balsamic Vinegar (C)	0.13	0.00	0.00	0.00	0.01	0.00	0.00	
<input type="text" value="1"/>	<input type="text" value="g"/>		Basil, green, fresh, raw	0.46	0.01	0.00	0.00	0.01	0.00	0.05	
<input type="text" value="1"/>	<input type="text" value="g"/>		Paprika, ground, all types	5.76	0.06	0.05	0.01	0.14	0.10	0.11	
<input type="text" value="1"/>	<input type="text" value="g"/>		Salt, table, iodised	0.00	0.00	0.00	0.00	0.00	0.00	149.09	
<input type="text" value="99"/>	<input type="text" value="g"/>		Sweet potato, orange flesh, peeled, raw	113.31	0.73	0.04	0.00	5.45	2.17	3.87	
<input type="text" value="16"/>	<input type="text" value="g"/>	1	Water, tap	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Total per 100 g				231.84	1.37	1.74	0.24	7.24	3.85	207.22	

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)

Serve size: 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>							
Sweet Potato Cacciatore	297	1.8	2.2	0.3	9.3	4.9	265

NUTRITION INFORMATION		
Servings per package: 2		
Serving size: 275 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	816 kJ	297 kJ
Protein	4.8 g	1.8 g
Fat, total	6.1 g	2.2 g
- saturated	0.8 g	0.3 g
Carbohydrate	25.5 g	9.3 g
- sugars	13.6 g	4.9 g
Sodium	730 mg	265 mg

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