

Step by Step Guide: Adding nutritional and calorific information to recipes

The system currently contains the two official databases of nutritional analysis:

- 1.CoFIDs - The McCance and Widdowson's 'composition of foods integrated dataset
- 2.The USDA National Nutrient Database
- 3.Choice of European or US nutritional labelling.


These are two of the most widely used databases and give you nutritional analysis for raw foods, as well as for foods cooked in various formats as well as some branded products.

When nutritional data is added to sub recipes, the system pulls the nutritional and calorific data across for that sub recipe, so you do not have to repeat this process every time the sub recipe is used.

Products

PRODUCT	COST PER UNIT UNIT SIZE	UNIT	QUANTITY
☰ Extra Virgin Olive Oil	£21.70 / 5.00 l £4.34 / 1000.00 ml	milliliter	20
☰ ONIONS 5KG	£3.46 / 5.00 kg £0.69 / 1000.00 g	gram	234
☰ GARLIC	£24.00 / 8.00 kg £3.00 / 1000.00 g	gram	23
☰ TOMATOES (A) DOUBLE MM'S 6	£8.67 / 6.00 kg £1.45 / 1000.00 g	kilogram	2.5
☰ Anna Tomato Paste 800g Tt	£16.40 / 800.00 g £20.50 / 1000.00 g	gram	40
☰ TABLE SALT	£5.60 / 6000.00 g £0.93 / 1000.00 g	gram	4

Once you have added all your products for the sub recipe, scroll down to the “NUTRITIONAL INFORMATION” area at bottom of the recipe and click on the “ADD NUTRITIONAL DATA” button



Nutritional information

Note: We believe in total accuracy, which is why we strongly believe in professional food analysis.

All data used is inline with current USDA & FSA CoFIDS Food Labelling requirements and is Per 100g of product.

NEED HELP? We can help analyse your recipes using our professional nutritionist team.

Get in touch now to find our more.

ADD NUTRITIONAL DATA
SEEK PROFESSIONAL GUIDANCE FIRST

It will take you to this page:

Nutritional table

".lang('Yield').": 1 ×

RECIPE PRODUCTS	FOOD NAME	QUANTITY
Extra Virgin Olive Oil	20 milliliter (20.00 g/ml)	<input type="text" value="Add nutrition here..."/> Remove
ONIONS 5KG	234 gram (234.00 g/ml)	<input type="text" value="Add nutrition"/>
GARLIC	23 gram (23.00 g/ml)	
TOMATOES (A) DOUBLE MM'S 6KG	2.5 kilogram (2500.00 g/ml)	
Anna Tomato Paste 800g Tt	40 gram (40.00 g/ml)	
TABLE SALT	4 gram (4.00 g/ml)	

You may already notice that you have Nutritional values added to your dish. However these could be from your Sub Recipe dishes. Please do check carefully. For full Nutritional Analysis, you need to add in your main dish products also.

Close

Here, you can search for the similar products that appear under 'RECIPE PRODUCTS' and then input the quantity in either grams or ml as shown below:

Nutritional table

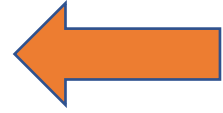
".lang('Yield').": 1 ×

RECIPE PRODUCTS	FOOD NAME	QUANTITY
Extra Virgin Olive Oil	20 milliliter (20.00 g/ml)	<input type="text" value="Olive oil"/> 20 g/ml Remove
ONIONS 5KG	234 gram (234.00 g/ml)	<input type="text" value="Onions, raw"/> 234 g/ml Remove
GARLIC	23 gram (23.00 g/ml)	<input type="text" value="Garlic, raw"/> 23 g/ml Remove
TOMATOES (A) DOUBLE MM'S 6KG	2.5 kilogram (2500.00 g/ml)	<input type="text" value="Tomatoes, raw"/> 2500 g/ml Remove
Anna Tomato Paste 800g Tt	40 gram (40.00 g/ml)	<input type="text" value="tomato"/> Remove
TABLE SALT	4 gram (4.00 g/ml)	<input type="text" value="Add nutrition"/>

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- Tomato puree
- Tomato puree
- Tomato sau, cnd, no salt added
- Tomato sauce, homemade
- Tomato soup, cream of, canned
- Tomato soup, cream of, canned, condensed
- Tomato soup, cream of, canned, condensed, as served
- Tomato soup, dried
- Tomato soup, dried, as served
- Tomato&veg juc, lo na

Close



Then Click "Close"

Finish writing the sub recipe and then click “Create”



On the recipes/ menus will now appear the nutritional and calorific values “Per serving size” and “Per 100grm” plus the RDA’s traffic light system:

ALLERGENS:
Celery

NUTRITION PER 100G

Energy (kcal)	26.00 kcal
Energy (kJ)	109.00 kJ
Fat	1.00 g
Saturates	1.00 g
Carbohydrate	4.00 g
Sugars	1.00 g
Fibre	1.00 g
Protein	1.00 g
Salt	0.03 g

NUTRITION PER SERVING

Energy (kcal)	800.57 kcal
Energy (kJ)	3339.24 kJ
Fat	29.10 g
Saturates	1.99 g
Carbohydrate	117.89 g
Sugars	2.04 g
Fibre	0.29 g
Protein	24.59 g
Salt	0.75 g

Per serving contains

Energy 3339.24kJ 800.57kcal	Fat 29.1g	Saturates 2g	Sugars 2g	Salt 0.7g
40%	43%	10%	3%	1.7%

of an adult's reference intake
Typical values per 100g: Energy 108.28kJ / 25.96kcal

This will also appear on “Menus” on “Service Spec sheets” and “Customer Spec sheets”

If you have any questions, please contact our support site.