

Build recipe and NIP

Recipe Name : Barking Beef

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.											
47	g		Beef, mince, regular, dry fried	409.94	11.92	5.61	2.48	0.00	0.00	26.11	
22	g		Rice, white, boiled, no added salt	136.69	0.55	0.02	0.00	7.33	0.02	0.61	
22	g		Carrot, mature, peeled, boiled, no added salt, drained	30.15	0.18	0.02	0.00	1.08	1.08	8.15	
17	g		Bean, green, fresh, boiled, no added salt, drained	14.17	0.24	0.03	0.00	0.35	0.27	0.47	
Total per 100 g				590.95	12.89	5.68	2.48	8.76	1.37	35.34	

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:108.00g

Final weight:130g

Weight change:20.37%

STEP 3

Generate Nutrition Information Panel (NIP)

Creating a recipe that is a liquid? Read about specific gravities in the [User Guide](#).

Serve size:130g

Serves per package:1

Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
All values are per 100 g/mL of the final recipe food as displayed on the NIP							
Barking Beef	491	10.7	4.7	2.1	7.3	1.1	29

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 130 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	638 kJ	491 kJ
Protein	13.9 g	10.7 g
Fat, total	6.1 g	4.7 g
- saturated	2.7 g	2.1 g
Carbohydrate	9.5 g	7.3 g
- sugars	1.5 g	1.1 g
Sodium	38 mg	29 mg