

Build recipe and NIP

Recipe Name : Salmon Grande

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.											
32	g		Salmon, Australian, canned in brine, undrained	178.21	5.38	2.34	0.86	0.00	0.00	137.93	
42	g		Rice, brown, boiled, no added salt	231.36	1.05	0.36	0.07	11.51	0.11	1.09	
14	g		Carrot, mature, peeled, boiled, no added salt, drained	17.86	0.11	0.01	0.00	0.64	0.64	4.83	
14	g		Cauliflower, boiled, no added salt, drained	12.79	0.27	0.02	0.00	0.24	0.24	3.74	
14	g		Broccoli, fresh, boiled, no added salt, drained	15.81	0.56	0.04	0.01	0.05	0.05	2.66	
Total per 100 g				456.03	7.37	2.77	0.94	12.44	1.04	150.25	

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:116.00g

Final weight:130g

Weight change:12.07%

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							
Salmon Grande	407	6.6	2.5	0.8	11.1	0.9	134

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 130 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	529 kJ	407 kJ
Protein	8.6 g	6.6 g
Fat, total	3.2 g	2.5 g
- saturated	1.1 g	0.8 g
Carbohydrate	14.4 g	11.1 g
- sugars	1.2 g	0.9 g
Sodium	174 mg	134 mg

