

Build recipe and NIP

Recipe Name : Sui Gao

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="6.75"/>	<input type="text" value="kg"/>		Flour, cornflour, from maize & wheat starch	356.31	0.02	0.12	0.02	20.61	0.02	2.70	
<input type="text" value="4.5"/>	<input type="text" value="kg"/>		Pork, 60% chemical lean, raw	276.75	2.06	6.53	2.50	0.00	0.00	8.17	
<input type="text" value="4.5"/>	<input type="text" value="kg"/>		Prawn, school, raw	60.61	3.35	0.10	0.02	0.00	0.00	57.18	
<input type="text" value="3.75"/>	<input type="text" value="kg"/>	1	Water, tap	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
<input type="text" value="1.5"/>	<input type="text" value="kg"/>	0.92	Oil, blend of polyunsaturated vegetable oils	201.49	0.00	5.45	0.83	0.00	0.00	0.00	
<input type="text" value=".75"/>	<input type="text" value="kg"/>		Mushroom, shiitake, cooked, no added fat	3.87	0.04	0.01	0.00	0.13	0.07	0.11	
<input type="text" value=".45"/>	<input type="text" value="kg"/>		Sugar, white, granulated or lump	27.77	0.00	0.00	0.00	1.63	1.63	0.00	
<input type="text" value=".285"/>	<input type="text" value="kg"/>		Starch, potato	13.78	0.00	0.01	0.00	0.77	0.00	0.09	
<input type="text" value=".225"/>	<input type="text" value="kg"/>	0.92	Oil, sesame	30.22	0.00	0.82	0.12	0.00	0.00	0.00	
<input type="text" value=".06"/>	<input type="text" value="kg"/>		Salt, cooking	0.00	0.00	0.00	0.00	0.00	0.00	82.73	
<input type="text" value=".05"/>	<input type="text" value="kg"/>		Pepper, ground, black or white	2.19	0.02	0.00	0.00	0.08	0.00	0.05	
<input type="text" value="4.5"/>	<input type="text" value="kg"/>		Tapicoa Starch (C)	241.79	0.07	0.05	0.00	14.07	0.00	4.08	
<input type="text" value=".225"/>	<input type="text" value="kg"/>		Chicken Powder (C)	7.16	0.10	0.04	0.02	0.24	0.04	147.03	
Total per 100 g				1221.94	5.66	13.13	3.51	37.53	1.76	302.14	

☐ 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:	<input type="text" value="27545.00"/>	<input type="text" value="g"/>	Final weight:	<input type="text" value="27545"/>	<input type="text" value="g"/>	Weight change:	<input type="text" value="0.00"/>	<input type="text" value="%"/>
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STEP 3 Generate Nutrition Information Panel (NIP)

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

Serve size:	<input type="text" value="2"/>	<input type="text" value="g"/>	Serves per package:	<input type="text" value="240"/>
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Recipe name	Energy (kJ)	Protein (g)	Fat (tot) (g)	Fat (sat) (g)	Carb (tot) (g)	Sugars (g)	Sodium (mg)
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All values are per 100 g/mL of the final recipe food as displayed on the NIP

NUTRITION INFORMATION		
Servings per package: 240		
Serving size: 2 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	24.4 kJ	1220 kJ
Protein	0.1 g	5.7 g
Fat, total	0.3 g	13.1 g
- saturated	0.1 g	3.5 g
Carbohydrate	0.8 g	37.5 g
- sugars	0 g	1.8 g
Sodium	6 mg	302 mg

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