

Nutritional Analysis of Recipes

Some recipes published within the past ten years include a nutritional analysis. This is handy to help you decide whether or not you want to choose that recipe. Moreover, older recipes do not have a nutritional analysis. This activity teaches you how to do your own nutritional analysis of any recipe.

Nutritional Analysis

A nutritional analysis is the nutritional breakdown of a food that represents the actual nutrient values used for nutrition facts labeling, including calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron.

Nutritional analysis can be based on database analysis which is derived from the recipe formulation and processing methods; from laboratory analysis, or a combination of both. Database analysis is less costly and includes additional nutrients not required for nutrition facts labeling, but contribute to the overall nutritional attributes of the product.

A Nutritional Analysis is required to create the Nutrition Facts Label. The Nutritional Analysis (raw nutritional values) consists of the amount of nutrients in the product and is typically based on 100 grams. The Nutrition Facts Label information is derived from the Nutritional Analysis but is converted based on serving size and must be calculated according to specific FDA regulations. Each nutrient has its own converting rules based on the serving size and nutrient value.

From NutriDate.com

1. Go to the USDA Nutrient Database for Standard Reference at this Internet address:

<http://ndb.nal.usda.gov/>

You will see: **Welcome to the USDA Food Composition Database**

Click on the button: Start Your Search Here

2. Follow teacher instructions using the two tables provided to analyze your lab recipe, "A Healthier Burger," and the following Beef Burger recipe (Note - Both recipes yield four servings):

Beef Burger

1 pound of raw 80% lean (20% fat) ground beef

A dash of salt and pepper

4 white hamburger bun (top and bottom)

4 leaves of iceberg lettuce

4 slices of tomato (1/4 of a tomato)

An example is provided showing how to fill out the nutritional analysis tables.

3. Compare the nutritional analyses of the two types of hamburgers. Write the nutritional differences here:

4. Point out the differences in a class discussion.

EXAMPLE OF NUTRITIONAL ANALYSIS OF A RECIPE

Dressing for a Pasta Salad Number of servings: 5 Serving size: 3 tablespoons

Ingredients and Amounts	Calories	Protein	Fat	Cholesterol	Carbohydrates	Sodium
1/4 cup sun dried tomatoes	59	1.39g.	3.87g.	0mg.	6.42g.	73mg.
1/4 cup Parmesan cheese	66	5.00g.	5.00g.	22mg.	0.34g.	382mg.
2 tablespoons red wine vinegar	6	0.01g.	0.00g.	0mg.	0.08g.	2mg.
3 tablespoons extra virgin olive oil	358	0.00g.	40 g.	0mg.	0.00g.	1 mg.
2 tablespoons pesto	95	2g.	9g.	5mg.	1g.	180mg.
1/2 teaspoon dry oregano	2	0.08g.	0.04g.	0mg.	0.62g.	0mg.
1/4 teaspoon salt	0	0.00g.	0.00g.	0mg.	0.00g.	581mg.
1/8 teaspoon white pepper	1	0.03g.	0.01g.	0mg.	0.21g.	0mg.
TOTAL	587	8.51	57.92	27	8.67	1231
Divide the totals by the number of servings to get the amounts per serving:	117	1.7g	11.6g	5.4mg	1.7g	246mg

Example of a bottom line result: 587 total calories divided by 5 servings equals 117 calories per [3 tablespoon] serving of dressing

Nutritional Analysis of a Recipe

Name of recipe: *A Healthier Burger*

Number of servings: **4**

Serving size: *one patty*

List ingredients and amounts in this column	Calories	Protein	Fat	Cholesterol	Carbohydrates	Sodium
TOTALS:						
Divide the totals by the number of servings to get the amounts per serving:						

Nutritional Analysis of a Recipe

Name of recipe: **Beef Burger**

Number of servings: **4**

Serving size: **one patty**

List ingredients and amounts in this column	Calories	Protein	Fat	Cholesterol	Carbohydrates	Sodium
TOTALS:						
Divide the totals by the number of servings to get the amounts per serving:						