Name	Period	Date

## Recipe Nutritional Analysis

Directions: Use the Nutrition Facts from all the ingredients used in your recipe. Be sure to multiply amounts by the amount used in the recipe.

INGREDIENT	SERVING SIZE	SERVINGS USED IN RECIPE	CALORIES	CALORIES FROM FAT	TOTAL FAT % DAILY VALUE	SATURATED FAT % DAILY VALUE	CHOLESTEROL % DAILY VALUE	SODIUM % DAILY VALUE	TOTAL CARBOHYDRATE % DAILY VALUE	DIETARY FIBER % DAILY VALUE

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SUGARS % DAILY VALUE	PROTEIN % DAILY VALUE	VITAMIN A % DAILY VALUE	VITAMIN C % DAILY VALUE	CALCIUM % DAILY VALUE	IRON % DAILY VALUE	RIBOFLAVIN % DAILY VALUE	NIACIN % DAILY VALUE	OTHER % DAILY VALUE	OTHER % DAILY VALUE