

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.

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

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<b>SUGARS % DAILY VALUE</b>	<b>PROTEIN % DAILY VALUE</b>	<b>VITAMIN A % DAILY VALUE</b>	<b>VITAMIN C % DAILY VALUE</b>	<b>CALCIUM % DAILY VALUE</b>	<b>IRON % DAILY VALUE</b>	<b>RIBOFLAVIN % DAILY VALUE</b>	<b>NIACIAN % DAILY VALUE</b>	<b>OTHER % DAILY VALUE</b>	<b>OTHER % DAILY VALUE</b>