

A Taste of What's Cooking at US Foods

MPP Online

Utilizing Nutritional Data in Recipes and Menu Items





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Before you begin....

This short video will walk you through the fundamental steps for using and understanding nutritional data in Menu ProfitBuilder Pro Online (MPP). The use of nutritionals is an advanced feature in MPP, so it is recommended that prior to using nutritional data in MPP, you have viewed and understand the following videos and documentation.

Reference Material:

- MPP Online Recipe and Menu Item Pre-Work PDF & Video
- MPP Online Creating Simple and Creating Complex Recipes PDF & Videos
- MPP Online Creating Simple and Creating Complex Menu Items PDF & Videos



Overview of Nutritional Data in MPP



Today more than ever, consumers and regulatory agencies are demanding that food service operators provide comprehensive nutritional analysis for the products they serve.

	Nutrition	Facts	1
GUIEN	Serving Size 1 Liquid Oz		
	GARLIC BUTTER with Par	sley	
	Amount Per Serving		
FREE!	Calories 205.4	Calories from Fat 207	
		% Daily Value	
	Total Fat 23g	35%	
	Saturated Fat 14.6g	73%	
	Trans Fat 0.9g		
	Cholesterol 61mg	20%	
	Sodium 3.6mg	0%	
Thang	Total Carbohydrates 0.5g	0%	
Tans	Dietary Fiber 0g	0%	
	Sugars Og		
Fat	Protein 0.3g		
1 4 0	Vitamin A	708.5%	
	Vitamin C	0%	
Freel	Calcium	9.2%	
	Iron	0%	
	Percent Daily Values are based	on a 2000 calorie diet.	
	Your Daily Values may be highe	r or lower depending on	
	If your carone needs.		

HIGH FIBER

Low Cholesterol

There can be a great deal of confusion when it comes to nutritional data for the food we all consume. US Foods is working hard with manufacturers to provide nutritional information on the products we sell. Menu Profit builder Pro can help users produce accurate nutritional analyses of their recipes and menu items.



Nutritional Data Sources in MPP

Manufacturer Data

MPP allows the user to choose between several sources for nutritional data. In many cases, a product's manufacturer provides US Foods with basic nutritional data for their product. This data, where available, will be automatically imported into MPP when the product is used in a recipe or menu item.

Joda Chamber, Joda Chamber, Joda Chamber, Joda Chamber, Jackage Size: 6/#10 CN Jold By: CS artial Units Available: No rice Full: \$27.08 CS	
ackage Size: 6/#10 CN old By: CS artial Units Available: No rice Full: \$27.08 CS	
old By: CS artial Units Available: No rrice Full: \$27.08 CS	
Partial Units Available: No Price Full: \$27.08 CS	
Price Full: \$27.08 CS	
	1
Nutritional Facts Vitamins & Minerals Report Discrepancies	
Nutrition Facts	
Serving Size g (128g)	
Serving Size g (128g) Servings Per Container 138	
Serving Size g (128g) Servings Per Container 138 Amount Per Serving	
Serving Size g (128g) Servings Per Container 138 Amount Per Serving Calories 80 Calories from Fat 0	
Serving Size g (128g) Servings Per Container 138 Amount Per Serving Calories 80 Calories from Fat 0 % Daily Value *	
Serving Size g (128g) Servings Per Container 138 Amount Per Serving Calories 80 Calories from Fat 0 % Daily Value * Total Fat 0g 0%	

If we use this ingredient in a recipe or menu item, such as our marinara sauce, MPP will display the manufacturer's nutritional data for this product as used in a single serving of the recipe.

Add To	List: Produ	ct Number	Ref Numbe	er	Description					Qty:*		select *	
Sel	Seq 🔺	Replace	Product	SC	Product	t/Recipe Nan	ne	Туре	ing Ins	redient truction	QTY	UOM	Ingredient Cost
2	Instruc	tions:											
	1	R	3328168		SAUCE, SPAG SHLF (332816	STMTO CAN	I	US Foods			1	Gallon 🔻	\$6.02
	2	R	9326570		GARLIC, WHT PLST (932657	WHL CLOVE F		US Foods			2	Ounce •	\$0.35
	3	R	4350138		OIL, OLIV EX V ITALY (43501)	VRGN IMP 38)		US Foods			2	Tablespor •	\$0.20
	4	R	2132157		SEASONING, I PLST (213215	TLN NO MSG 7)	1	US Foods			1	Teaspoon 🔻	\$0.05
	5	R	1326404		BASIL, FRESH	I HERB (13264	04) (US Foods			1	Ounce •	\$1.82
	6	R	760850		SPICE, OREG I PLST (760850	LEAF DRIED	1	US Foods			1	Tablespor 🔻	\$0.37
R	ecipe In	formation	n Ing	redien	it Informa t	tion							
Ingre	dient Des	scription	Ingredie	nt UOM	Ingi	redient Nuti	ritionals	i Ingi	redient Al	lergens			
Source	Manufac	cturer	•	Per 1	Liquid Oz ser	ving							
Calori 19.5	es: Prote 6 0.73	In: Cal from 3 0.00	Fat: Total Fat: 0.00	Sat Fat: 0.00	Trans Fat: 0.00	Cholesterol: 0.00	Sodium: 122.28	Total Carb: 3.42	Fiber: 0.73	Sugars: 1.71			
	gram	ıs	grams	grams	grams	mg	mg	grams	grams	grams			



USDA Data

For certain non-manufactured commodity products, such as fresh vegetables, meat, and seafood, a source of nutritional data is often needed. Many dietitians use the USDA National Nutrient Database for Standard Reference. This is the second source of nutritional data available to MPP users, and provides comprehensive nutritional information on a wide array of commonly used products. This website provides search capabilities to find a particular item, and a unique NDB number for each ingredient listed.

Agricultural Resear United States Department of Agr National Nutrient Database for Standar Release 26	rch Servi iculture d Referenc	i ce :e		
🏡 NDL Home 🛛 🔳 Food Search	Nuti	rients List 🛛 🔄 Ground Beef Calculator 🛛 🔞 Contact Us	📠 SR26 D	ocumentation 🛛 🔞 He
FOOD GROUP American Indian/Alaska Native Foods (165) Baby Foods (362) Baked Products (807) Beef Products (864) Beverages (312)	Enter on	e or more terms and click 'Go' for a new search 3 foods found: Click on a food name to view details	Ge	• •
Breakfast Cereals (354) Cereal Grains and Pasta (182)	NDB No			Food Group
Dairy and Egg Products (258) Fast Foods (388)	01001	Butter, salted	-	Dairy and Egg Products
Fats and Oils (219) Finfish and Shellfish Products	01002	Butter, whipped, with salt		Dairy and Egg Products
(267) Fruits and Fruit Juices (335)	01003	Butter oil, anhydrous		Dairy and Egg Products
Lamb, Veal, and Game Products	01004	Cheese, blue		Dairy and Egg Products
Legumes and Legume Products	01005	Cheese, brick		Dairy and Egg Products
(385) Meals, Entrees, and Side Dishes	01006	Cheese, brie		Dairy and Egg Products
(108) Nut and Seed Products (131)	01007	Cheese, camembert		Dairy and Egg Products

MPP makes use of this source by helping users to locate the unique NDB number for a particular ingredient, and then allowing the user to import the nutritional data into the program.

1. To begin this process, go to a recipe containing the ingredient for which you would like to obtain USDA nutritional data. Highlight the ingredient, in this case the grated parmesan cheese. In the "Ingredient Information' tab, and the 'Ingredient Nutritional" sub-tab, click the down-arrow in the source selection window.

6 R	760850	SPICE, OREG LEA PLST (760850)	F DRIED US	Foods		1	Tablespor 🔻	\$0.37
7 R	15685	CHEESE, PARM G REF (15685)	RTD BAG US	Foods		3	Ounce •	\$1.28
Recipe Informa	tion Ing	redient Informatio	n					
Ingredient Detail	Ingredie	nt UOM Ingred	ient Nutritionals	Ingredient A	llergens			
Source: None	• 1							
Calories: Protein: ¹ Cal	from Fat: Total Fat:	Sat Fat: Trans Fat: Cho	lesterol: Sodium: T n/a n/a	otal Carb: Fiber:	Sugars:			
grams	grams	grams grams	mg mg	grams grams	grams			



2. From the drop-down list that appears, select USDA.



3. The nutritional data screen changes to show USDA source selection windows. To locate the nutritional data for parmesan cheese, click the green 'USDA Number' link to be taken to the USDA nutritional database. *This will open a new tab in your Google Chrome Browser at the top of your screen, you may keep this tab open for additional searches during the same session.*

7 R	15685	CHEE REF (SE, PARM GRTD BAG 15685)	US F	oods	
Recipe Information	Ing	predient Inf	ormation			
Ingredient Detail	Ingredie	nt UOM	Ingredient Nu	itritionals	Ingredier	t Allergens
Source: USDA Product #: Product Name:	Product D	3 USDA	Number:		Get Nutrit	ion Information
Calories: Protein: ¹ Cal from F	Fat: Total Fat:	Sat Fat: Tra	ans Fat: Cholesterol:	Sodium: To	tal Carb: Fib	er: Sugars:
grams	grams	grams g	grams mg	mg	grams gra	ms grams

4. On the USDA website, use the search box to enter the desired ingredient, and then click the 'Go' button to initiate the search.

Agricultural Result United States Department of A National Nutrient Database for Stand Release 26	earch Service Agriculture dard Reference			
🏡 NDL Home 🛛 📃 Food Searc	h 📃 Nutrient	ts List 📃 Ground Beef Calculator 🔞 Contact Us	📠 SR26	Documentatior
FOOD GROUP American Indian/Alaska Native Foods (165) Baby Foods (362)	Enter one or Cheese, pa	more terms and click 'Go' for a new search rmesan 4 ods found: Click on a food name to view details		Go
Baked Products (807) Beef Products (864) Beverages (312) Breakfast Cereals (354) Cereal Grains and Pasta (182)				5 10
Dairy and Egg Products (258) Fast Foods (388) Fats and Oils (219)	NDB No.▲ 01001	Description Butter, salted	•	Food Group Dairy and Eg



5. Click on the desired ingredient from the list that appears.



 A comprehensive nutritional analysis for this ingredient is now displayed. Note the unique "NDB" or Nutrient DataBank number. Jot it down, or highlight and copy this number to your computer's clipboard.

	Aaricultu	ral Resear	ch Service				
ational Nutrient elease 26	Departm Database	ent of Agri	d Reference	Unique NDB number			
 MDL Home ■ Foo 6 Ch ■ Nutrients List ■ Ground Beef Calculator @ Contact Us a SR26 Doc Basic Report: 01032 Cheese, parmesan, grated Return to Search Results ■ Full Report (All Nutrients) ■ Statistics Report ⑧ Download (CSV) a Print (PDF) 							
Alexandread sectors and the							
wument values and	l weights are	for edible port	ion	es 🔞			
Nutrient	Unit	1 Value per 100 g	ion Apply Chang 1.0 Cup 100g	es @ 1.0 tbsp 5g	1.0 oz 28.35g		
Nutrient Proximates	u weights are Unit	1 Value per 100 g	ion Apply Chang 1.0 Cup 100g	es @ 1.0 tbsp 5g	1.0 oz 28.35g		
Nutrient Proximates Water	u weights are Unit	tor edible port	ion Apply Chang 1.0 Cup 100g 20.84	es @ 1.0 tbsp 5g 1.04	1.0 oz 28.35g		
Nutrient Proximates Water Energy	Unit g kcal	1 Value per 100 g 20.84 431	ion Apply Chang 1.0 Cup 100g 20.84 431	es @ 1.0 tbsp 5g 1.04 22	1.0 oz 28.35g 5.91 122		
Nutrient Proximates Water Energy Protein	uweights are Unit g kcal g	for edible port	ion Apply Chang 1.0 Cup 100g 20.84 431 38.46	es @ 1.0 tbsp 5g 1.04 22 1.92	1.0 oz 28.35g 5.91 122 10.90		

7. Close the USDA website, and return to MPP. Enter the NDB number for the parmesan cheese into the USDA Number window, and click 'Get Nutrition Information.'

7 R 15685 CHEESE, PARM GRTD BAG REF (15685) US Foods								
Recipe Information Ingredient Information								
Ingredient Detail	Ingredie	ent UOM	Ingredient N	utritionals	Ingre	edient All	lergens	
Source: USDA	K Source: USDA v USDA Number: 01032 Get Nutrition Information							
Product #: Product Name:	Product D	escription:		(7)			
Calories: Protein: Cal from	n Fat: Total Fat:	Sat Fat: Trai	ns Fat: Cholesterol:	Sodium: To	otal Carb:	Fiber:	Sugars:	
grams	grams	grams gi	rams mg	mg	grams	grams	grams	



8. The 'Use USDA Data' screen now appears. If the USDA provides volume-to-weight conversions, these will appear in the lower portion of the window. This conversion allows MPP to use an ingredient sold by weight in recipes calling for volumes i.e. cups, tablespoons, etc. Note: This is an optional feature that you can bypass by simply clicking 'Import Nutrition' immediately. However, if you choose to utilize this feature follow the steps below.

ice	Product	SC	Ingredie	ent Name	Туре	Inst	ruction	QTY		UOM
	Use U	SDA	Data					Close	X	llon 🔻
	USDA Nur	nber: 01()32							nce 🔻
	Product N	ame: CH	EESE,PARME	SAN, GRATED						olespor 🔻
	Descriptio	on: Ch	eese, parmes	an, grated						
	Volume to	Weight C	onversion :	OneSe	lect 🔻	Equals		Grams		nce V
	Measure						Weight (Gra	ims)		olespor 🔻
	1 cup						100			
	1 tbsp						5			nce 🔻
ation	1 oz						28.35			
				8)		Imp	oort Nutritic	on	
ame: Il from Fal		ourrat.					ouguro.			
	grams	grams	grams	mg mg	grams	grams	grams			

9. In our example, we will use the USDA provided conversion of 1 cup = 100 grams, and enter this in the Volume to – Weight Conversion window.

Learn More >>		Learn More >>	
Use USDA Data			Close X
USDA Number: 01032 Product Name: CHEESE,PARMES Description: Cheese, parmesa	SAN,GRATED an, grated	9	
Volume to Weight Conversion :	One Cup	▼ Equals 10	0 Grams
Measure		1	Weight (Grams)
1 cup 1 tbsp			100 5
1 oz		:	28.35
			Import Nutrition
Ingredient Information	n		

10. Finally, click the "Import Nutrition" button.

Measure	Weight (Grams)
1 cup	100
1 tbsp	5
1 oz	28.35
	10 Import Nutrition



11. MPP has now imported the USDA nutritional data for one cup of this ingredient. The nutritionals will calculate properly for any weight or volume used in a recipe or menu item.

0 7	·	R	15685	1	CHEESE, PA REF (15685)	RM GRTD BA	G	US Foods			3	Ounc	e 🔻
Recip	e Inform	nation	Ing	gredient	Informa	ation							
Ingred	ent Detail		Ingredie	ent UOM	Ing	gredient N	utritionals	i Ing	redient Al	lergens			
Source:	USDA		•	U	SDA Numb	er:		Ge	et Nutrition I	nformation	1		
Product #: 0	1032 Pr	roduct Na	me: CHEES	E,PARME	SAN,GRATI	ED Produ	uct Descrij	ption: Che	ese, parme	san, grate	d		
Serving Size	Protein I	Cup	T	0-15-1	Toose Fot	Obalastaat	Continuer.	T-4-1 0+	. Film	C			
431.00	38.46 grams	257.49	28.61 grams	17.30 grams	grams	88.00 mg	1529.00 mg	4.06 grams	0.00 grams	0.90 grams	' (11)	
Vitamin A:	Vitamin C: P	otassium:	Calcium:	iron:	Vitamin D:	Vitamin E:	Zinc: \	Vitamin K: \	/itamin B12:	Vitamin B6:	Niacin:	Riboflavin:	Folacin:
865.00 IU	0.00 mg	125.00 mg	1109.00 mg	0.90 mg	21.00 IU	0.25 mg	3.87 mg	1.90 mcg	2.26 mcg	0.04 mg	0.11 mg	0.48 mg	0.00 mcg
Phosphorus:	Magnesium:	Thiamin:	Copper:	lodine:	Molybdenu	m: Selenium:	Ash:	Moisture	: Vitamin A	(RE):			
729.00 mg	38.00 mg	0.02 mg	0.23 mg	n/a mcg	n/a mg	17.70 mcg	8.03 grams	n/a grams	229.0 RE	0			
¹ Calories from Fat = approximately 9 calories per gram of Fat.													

12. Returning to our recipe, we can now see the nutritional contribution of the parmesan cheese in a one ounce serving of our sauce.



13. If you have used the options weight to volume information provided by the USDA you will also be able to click on the Ingredient UOM tab and see that the volume units of measure have been updated – including Gallons, Quarts, Pints, Cups, Tablespoons, Teaspoons, Liters, Scoops, Ladles and cup weight.

8	R	156	85	CHEESE REF (15	, PARM GRT (685)	TD BAG	US Foods			3	Ounce	Ŧ	\$1.28 🔀
Recipe	Informat	tion	Ingred	lient Info	rmation								
Ingredien	t Detail	In	gredient U	ом (13	ngredie	nt Nutrition:	als Ir	gredient.	Allergens				
	Slice:	EA/Portion:	Pound:	Ounce:	Gram:	Gallon	Quart:	Pint:	Cup:	Liquid Oz	z: Tablespoo	n: Teaspoo	n: Liter:
Units Per CS/LB:	0	0	5	80	2267.9	6 1.42	5.67	11.3	4 22.68	181.44	362.87	1088.6	2 5.37
Cost Per Unit:*	\$0.00	\$0.00	\$6.81	\$0.43	\$0.02	\$23.99	\$6.01	\$3.00	\$1.50	\$0.19	\$0.09	\$0.03	\$6.34
	#6 Scoop:	#8 Scoop:	#10 Scoop:	#12 Scoop:	#16 Scoop:	#20 Scoop: #	#24 Scoop: a	#30 Scoop:	#40 Scoop: #5	0 Scoop: #	60 Scoop: #	70 Scoop: #	100 Scoop:
Units Per CS/LB:	33.85	45.36	59.68	68.73	90.72	113.4	136.05	170.52	226.8	283.5	340.02	397.89	566.99
Cost Per Unit:*	\$1.01	\$0.75	\$0.57	\$0.50	\$0.38	\$0.30	\$0.25	\$0.20	\$0.15	\$0.12	\$0.10	\$0.09	\$0.06
	1oz Ladle:	2oz Ladle:	3oz Ladle:	4oz Ladle:	5oz Ladle:	6oz Ladle:	8oz Ladle:	12oz Ladie:	Cup We	ight:			
Units Per CS/LB:	181.44	90.72	60.48	45.36	36.29	30.24	22.68	15.12	100		Learn	More >>	
Cost Per Unit:*	\$0.19	\$0.38	\$0.56	\$0.75	\$0.94	\$1.13	\$1.50	\$2.25	Gram	IS	Louin		



User Entered Data



The third and final source for nutritional data in Menu Profit builder Pro is user entered data. There may be times when the manufacturer's data is unavailable (such as a non-US Foods product), or the USDA data is not specific enough. MPP allows the user to manually enter the nutritional data for any item.

Generally speaking, user entered nutritional data is obtained from product packaging, the manufacturer's website, or the internet. In this example, we will manually enter nutritional data for butter, which is used in a different recipe (Garlic Butter)

1. First, select the butter from the list of ingredients in the recipe by clicking on it until it is highlighted in green.

Add T	To List: Produ	ct Number	Ref Numbe	er	Description Qty:*				select V				
Sel	Seq 🔺	Replace	Product	SC	Ingredient Name	Туре	Ingredient Instruction	QTY	UOM		Ingredient Cost		
	1	R	899807		BUTTER, SOLID GRD AA UNSLTD (899807)	US Foods	(1)	8	Pound	•	\$22.58	X	
	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		4	Ounce	۲	\$0.70	X	
F	Recipe Information Ingredient Information												
Ir	ngredient (Detail	Ingredie	nt UOM	Ingredient Nutritionals Ingredient Allergens								

2. Next, under the ingredient nutritionals tab, we will click on the 'Edit' button next to the source window.

	R	899807		BUTTER, SOLID GRD AA					
2				UNSLTD (899807)	US Foods		8		
2 R 9326570				GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		4		
Recipe Information Ingredient Information									
Ingredien	t Detail	Ingredie	ent UOM	Ingredient Nutrition	als Ingr	edient Allergens			

3. We are now in the **edit function** for nutritionals. Notice the addition of a serving size and unit of measure selection box.

K Source	* None		•	~		
Serving Siz	e:* 0	Select	• (3		
Calories:	Protein:	Cal from Eat	Total Fat:	Sat Fat:	Trane Fat	Cholesterol
	1100000	carnoninat.	rotair at.	Sut Fut.	Trans Fat.	CHOICSICIUI
n/a	n/a	n/a	n/a	n/a	n/a	n/a

4. Click the drop-down arrow in the source window and select 'User.'





5. We must now tell MPP what serving size is being used for the butter nutritional data. The nutrition panel on the package shows one ounce, so we will enter this in the appropriate windows. This is <u>not</u> the serving size for the recipe, it is the serving size listed on the nutrition panel we obtained from the product package. In this example, one ounce.

Source:	USER	Ŧ]
Serving Size	* 1	Ounce	• 5
Calories:	Protein:	¹ Cal from Fat:	Total Fat:

6. We can now enter the nutritional information from our reference nutrition panel on the package of butter.



7. Based on the nutrition panel data, we have entered the nutritional data as displayed. Clicking the double arrows next to source takes us out of edit mode.

Sel	Seq 🔺	Replace	Product	SC	Ingredient Name	Туре	Ingredient Instruction	QTY	UOM	Ingredient Cost
	1	R	899807		BUTTER, SOLID GRD AA UNSLTD (899807)	US Foods		8	Pound •	\$22.58
	2	Clie	k to close	e edit i	mode VHL CLOVE PLD	US Foods		4	Ounce •	\$0.70
F	Recipe in	formation	Ing	redien	Information					
In	ng edient [Detail	Ingredie	nt UOM	Ingredient Nutrition	ials Ing	redient Allergens			
Servin	ource: USI g Size:*	ER 1 Ounce	• •	(7					
Calo 201	ries: Prot	ein: Cal from	n Fat: Total Fat	: Sat Fa 14.0	at: Trans Fat: Cholesterol:	Sodium: Total 161.00 0.	Carb: Fiber: Sug	ars: DO		



8. We are now returned from edit mode, and MPP now displays the nutritional data for the butter ingredient in a full serving of the recipe. This data will stay with the ingredient and will be displayed in any recipe or menu item in which the butter is used.

Sel Seq 🔺 Replace Pro	duct SC	Ingredient Name	Туре	Instruction	QTY	UOM					
□ 1 R 8998	307 BUTTEI UNSLT	R, SOLID GRD AA D (899807)	IS Foods		8	Pound 🔻					
2 R 9326	570 GARLIG PLST (S	GARLIC, WHT WHL CLOVE PLD PLST (9326570) US Foods			4	Ounce •					
Recipe Information Ingredient Information											
Ingredient Detail Ingredient UOM Ingredient Nutritionals Ingredient Allergens											
Source: USER V Edi	Source: USER Edit Per 4 Ounce serving 8										
Calories: Protein: Cal from Fat: Tol 804.00 0.00 800.00 9	tal Fat: Sat Fat: Tran 2.00 56.00 0.	s Fat: Cholesterol: Sodium: 00 240.00 644.00	Total Carb: 0.00	Fiber:Sugars:0.000.00							



Calculating Nutritional Information for Recipes and Menu Items Creating Nutritional Data in Recipes

IMPORTANT

When creating a recipe, it is critical that step two be completed correctly. Nutritional figures will be calculated based on serving size and number of servings the recipe yields. Remember, the servings and serving size entered in step two are what the FULL recipe produces.

Step 1 - Recipe Information Recipe Name*: Marinara Sauce Recipe Yield Label: Large Batch Share Recipe: ✓	Step 3 - Save Recipe & Enter Ingredients Save Recipe
Learn More >>	Learn More >>
Step 2 - Serving Size Information Servings Per Recipe*: 128 Serving Size Qty*: Serving Size Qty*: Serving Size UOM*: 1 Liquid Oz	Step 4 - Recipe Instructions
Learn More >>	Learn More >>



Once the recipe has been completed, MPP will indicate if any ingredients are missing nutritional data, by displaying a red error message at the top of the current ingredients/recipes table in the recipe detail screen. Examine each ingredient to find any missing nutritionals, and use one of the sources demonstrated to enter the nutritional data.

L													
	Step Servi	2 - <mark>Servin</mark> ings Per R	g Size Inform	nation 28		Step 4 - Recipe Instruction Hide Steps in the ingredi	ent list 🔲		Batch Recipe Options Batch Recipe				
	Servi	ina Size Qt	tv*: Servi	ng Size UOM*:			Ad	d Step	Chang	e number o	of servings to :		
		1	Lia	uid Oz	•						Chan	Change Servings	
			[L		•								
				Nutriti	ona	ls are not ava	ailable	for 1	Ingr	edier	nt(s)		
				Learr	n More >>		Le	arn More >>				Learn More	9 >>
Сι	urrent	Ingredient	s/Recipes			Nutritionals are not av	ailable for 1 ing	gredient(s)					
,	Add To	List: Produ	uct Number	Ref Numb	er	Description			Qty:*				
	Sel	Seq 🔺	Replace	Product	SC	Product/Recipe Name	Туре	Ingred Instruc	lient ction	QTY	UOM	Ingredient Cost	
	8	Instru	ctions:										
		1	R	3328168		SAUCE, SPAG TMTO CAN SHLF (3328168)	US Foods			1	Gallon •	\$6.02	X
		2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods			2	Ounce •	\$0.35	X
		3	R	4350138		OIL, OLIV EX VRGN IMP ITALY (4350138)	US Foods			2	Tablespor 🔻	\$0.20	X

When all ingredients contain nutritional data, and there are no more error messages in the recipe MPP can provide nutritional totals for the recipe, as well as nutritional contributions in any menu items or recipes in which it is used.

Viewing Nutritional Data in Recipes

Recipe nutritional data is available for viewing in multiple locations.

You may download the recipe list as a CSV file, which displays all recipes, and their nutritional totals. To do this, follow these steps;

1. From the recipe list screen, click the download arrow to begin the download process.

	A US Foods	Customer					Order	Profile H	lelp Contact Us	Sign Out	
FOODS	My Locations:						Technical Questions: 1-877-583-9659 Hello Jeff				
+ Search Catalog	P	Home	Orders	Lists	Reports	Tools	Invoices	Menus	scoop		
Recipe List	Clic	k on any of the colur	nn headers to	re-sort the	list of recipes.		Last Price Upda	te: Thu, Jun 26,	, 2014 Vpdat	te Price	
Filter By: 💿 Recipe Nam	e / ID 🔍 Recipe Ing	gredients								\leq	
Filter list by	T						Sho	w Items Displ	lay 500 🔻		



2. MPP will download all recipes in CSV format, which will open with Excel. The list will include nutritional totals for each recipe.

-											2							
	Α	В	С	D	E	F	G	Н	- I	J	K	L	М	N	0	Р	Q	R
1	Recipe ID	Recipe Name	Cost Per	Batch Red	Recipe Yi	Cost Per F	Owner	Shared	Locked	Serving S	Serving S	Calories	Protein	Cal From	Total Fat	Sat Fat	Trans Fat	Chole
2	397165	Alfredo Sauce	\$0.10	N	1 gallon	\$13.03	N	Υ	N	1	Liquid Oz	42.52	4.25	31.89	4.25	2.13	0	10
3	394146	Apple Tart	\$0.29	N	12	\$3.45	N	Υ	N	1	EA/Portio	36.27	0	2.18	0.44	0	0	
4	395332	Baby Kale Trio Salad with Spicy Shrimp	\$2.98	N		\$74.43	N	Υ	N	8	Ounce	443.96	13.22	215.48	24.03	2.91	0.23	45
5	395333	Baby Kale Trio with Orzo and Olives	\$1.40	N		\$35.08	N	Υ	N	6	Ounce	434.44	11.42	175.16	19	3.66	0.23	4
6	395330	BBQ Drenched Beef Brisket Slider	\$4.63	N		\$115.75	N	Υ	N	3	Ounce	783.52	45.8	171.08	18.62	6.05	0	105
7	395348	Best Bloody Mary Ever	\$1.22	N		\$30.53	N	Υ	N	7	Liquid Oz	72.71	1.16	0.36	0.04	0	0	
8	395336	Black Bean Burger on Greek Yogurt Whe	\$2.86	N		\$71.43	N	Υ	N	5.3	Ounce	599.83	19.56	228.65	27.93	4.59	0	25
9	395337	Black Bean Burger Quesdillas	\$1.94	N		\$48.57	N	Y	N	4	Ounce	491.02	20.48	179.79	18.83	9.32	0	4
10	191001	Black Bean Corn Salsa	\$0.08	N	2 pounds	\$2.44	Y	Y	Y	1	Ounce	55.95	1.97	10.69	1.05	0.06	0	
11	395344	Built Tondi Lasagna Borghese	\$2.64	N		\$66.10	N	Y	N	10	Ounce	250 21	17 76	175.2	20.17	10 22	0	102

To view the nutritional data for a specific recipe, you can download a recipe detail report with nutritionals. To do this, complete the following steps;

1. On the recipe list screen, click the checkbox for the desired recipe.

R	ecipe	List		Click	on any of the	e column headers to
Filter Filt	By: By: By:<	ecipe Name		lecipe Ingr	edients	
M	anage Sele	ected				
	Replace	Owner	Shared	Locked	Recipe ID	Recipe
	R	MPPODEM	Y	N	225656	Marinara Sauce - D

2. Next click the 'Manage Selected' button, and select 'Recipe Detail with Nutritionals'

M	anage Sele	ected	Selected Recipes	1	
	Replace	Ow	Delete	D	Recipe Name
	R	MPPO	Сору		Marinara Sauce - Demo
	R	MPP1	Unlock		Meatballs - Demo
	R	PATR	Share		Mediterranean Spinach & Feta Bread
	R	PATR	Unshare		Minted Lamb Meatballs w/ Tza dipping sauce
	R	PATR	Reports Recipe List		On The Run Savory Egg Muffi Sausage
	R	T916	Recipe Detail Cost		Pantry List
	R	мрро	Recipe Detail Production		Party Salad
	R	T916	Recipe Detail Nutritionals 2		Pasta Salad
	R	PATR	Nutrition Labels (6pp)		Pirate Tacos
	R	PATR	Recipe Audit		Polenta & Sweet Sausage La



3. The Recipe Detail with Nutritionals now appears. It includes all ingredient nutritional details as well as allergen details when available.

US.	Recipe	Nutriti	on Repo	ort*	3	CUST	OMER:	TEST CUS	TOMER MPP C	DNLINE (4068	3435)				
NAME	(2099)	a Sauce - De	mo			SERVIN	G SIZE:	1 Liquid C)7		\$	FRVINGS	PER RECIPE	• 128	
RECIPE ID	225656					VIELD		1 Gallon	-					. 120	
	. 225050	Slice	Portion	Pound	l Our	ice G	iallon	Quart	Pint	Cup	Liqui	d Oz 🛛 Tal	blespoon	Teaspoon	Serving
Units/Ba	itch	-	-	-	-		1.00	4.00	8.00	16.00	128	.00	256.00	768.00	128.00
Cost/Un	it	•	-	-	-	\$	10.72	\$2.68	\$1.34	\$0.67	\$0.	08	\$0.04	\$0.01	\$0.08
SEQ P	RODUCT #	SC		DESC	RIPTION			QTY	UOM	ТҮРЕ		IN	STRUCTION	IS	COST
1	3328168	SAU	CE, SPAG TM	TO CAN SH	LF			1.00	Gallon	US Foods					\$6.02
2	9326570	GAR	LIC, WHT WH	IL CLOVE PI	LD PLST			2.00	Ounce	US Foods					\$0.35
3	4350138		OLIV EX VRG		Y			2.00	Tablespoon	US Foods					\$0.20
4	2132157	SEAS	h Thuma	NO MSG P	151			1.00	Teaspoon	US Foods					\$0.05
5	300002	BASI		B				1.00	Ounce	Non US Foo	as				\$0.62
7	760850	SPIC	E, OREG LEAR		т			1.00	Tablespoon	US Foods					\$0.27
8	15685	СНЕ	ESE. PARM G	RTD BAG R	EF			3.00	Ounce	US Foods					\$1.28
Decine In								5.00	ounce	0510003					<i>Q</i>1.20
STEP	structions			11	ISTRUCTIO	NS									
Instructio	ns:			1 tř 2 si 3	Heat oil in ne garlic ber Add tomat mmer, cove Remove fr	a large non gins to turn to sauce an ered, about om heat an	-stick ski brown, d season 20 minu d stir in	llet over lo remove pa ings. Cook ites. basil.	w heat and sa n from heat. A over medium-	ute garlic for Illow pan to c high heat an	about 2 m ool d bring to	ninutes; be a boil. Rec	e careful no duce heat t	t to burn. Just o low and	t as
Customer I	Name: TE	ST CUSTOM	ER MPP ONL	INE		Re	cipe Yiel	d Label:		Servings	Per Recip	e:	Serving	Size:	
Recipe Nar	ne: M	arinara Sauc	e - Demo			10	Gallon			128			1 Liquid	Oz	
Standard	Nutritiona	ls	All Nutr	itional info	rmation is b	ased on a 1	1.0 Liquid	l Oz servin	g	at starts				81	6
Product	# Des	cription	Calories	(gm)	n Calfr Fa	t Io	(gm)	Sat Fat (gm)	(gm)	(mg)	ol Sodi (m	ium Cai ig)	(gm)	Dietary Fiber (gm)	Sugars (gm)
225656	Recipe T	otal	25.24	1.13	3.6	4 (0.4	0.14	0.0	0.58	132.	.47	3.67	0.79	1.72
3328168	SAUCE, S CAN SHL	SPAG TMTO F	19.56	0.73	0.0		0.0	0.0	0.0	0.0	122.	.27	3.42	0.73	1.71
9326570	GARLIC, CLOVE P	WHT WHL LD PLST	0.55	0.11	0.0)	0.0	0.0	0.0	0.0	0.0	D	0.11	0.0	0.0
4350138		Y EX VRGN	1.86	0.0	1.8	6 0).21	0.03	-	0.0	0.0	D	0.0	0.0	0.0
2132157	NO MSG	PLST	0.00	0.0	0.0		0.0	0.0	0.0	0.0	0.0	D	0.0	0.0	0.0
300002	Fresh Th	yme	0.11	0.01	0.0	2	0.0	0.0	-	0.0	0.0	1	0.03	0.02	-
1326404	BASIL, FI	RESH HERB	0.05	0.01	0.0	1 (0.0	0.0	-	0.0	0.0	1	0.01	0.0	0.0
760850	DRIED P		0.25	0.01	0.0	4	0.0	0.0	0.0	0.0	0.0	2	0.07	0.04	0.0
15685	GRTD BA	AG REF	2.86	0.26	1.7	1 0	0.19	0.11	-	0.58	10.1	16	0.03	0.0	0.01
Customer	Name: T	EST CUSTON	VER MPP ON	LINE		Re	ecipe Yie	ld Label:		Serving	s Per Reci	pe:	Serving	Size:	
Recipe Na	ime: N	1arinara Sau	ce - Demo			1	Gallon			128			1 Liquio	d Oz	
Extended	Nutrition	als	All Nut	ritional info	ormation is	based on a	1.0 Liqu	id Oz servir	ng	91	Maria	Manufa	A financia	Martin	D'h e flau da
Product	:# De	scription	A (IU)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	(mg)	D (IU) E (mg)	(mg)	Vitamin K (mcg)	B12 (mcg	B6 (mcg)) (mg)	(mg)
225656	6 Recipe	Total	259.07	2.47	3.35	15.99	0.31	0.14	0.06	0.03	1.52	0.02	0.14	0.0	0.0
332816	8 SAUCE, CAN SH	SPAG TMTC	234.77	2.25	-	6.26	0.24	-	-	-	-	-	-	-	-
932657	0 GARLIC CLOVE	, WHT WHL PLD PLST	-	-	-	-	-	0.0	0.01	-	-	0.0	0.14	-	-
435013	8 OIL, OL IMP ITA	IV EX VRGN	-	-	0.0	0.0	0.0	0.0	0.03	0.0	-	0.0	0.0	0.0	0.0
213215	7 SEASON	NING, ITLN G PLST	-	-	-	-	-	-	-	-	-	-	-	-	-
300002	2 Fresh T	hyme	5.26	0.18	0.67	0.45	0.02	0.0	-	0.0	-	0.0	0.0	0.0	0.0
132640	4 BASIL, F	RESH HERB	11.68	0.04	0.65	0.39	0.01	0.0	0.0	0.0	0.92	0.0	0.0	0.0	0.0
760850	DRIED F	DREG LEAF	1.61	0.0	1.2	1.52	0.03	0.0	0.02	0.0	0.59	0.0	0.0	0.0	0.0
15685	GRTD B	AG REF	5.75	0.0	0.83	7.37	0.01	0.14	0.0	0.03	0.01	0.02	0.0	0.0	0.0



-													
Customer Na	me: TEST CUSTOM	ER MPP ONLI	NE	\bigcirc	Rec	cipe Yield I	abel:		Servings P	er Recipe:	Serving	Size:	
Recipe Name	e: Marinara Sauc	e - Demo		9	1 G	iallon			128		1 Liquid	Oz	
Extended N	utritionals Continue	d All Nutrit	ional info	rmation is ba	sed on a <u>1</u>	.0 Liquid (<u>Oz</u> serving						
Product #	Description	Phospohrus (mg)	Folacin (mcg)	Magnesium (mg)	Thiamin (mg)	Copper (mg)	lodine (mcg)	Molybdenun (mg)	Selenium (mcg)	Ash (grams)	Moisture	Vitamin A (RE)	Source
225656	Recipe Total	5.22	0.0	0.83	0.0	0.0	0.0	0.0	0.12	0.06	0.0	2.44	USER
3328168	SAUCE, SPAG TMTO CAN SHLF	-	-	-	-	-	-	-	-	-	-	-	USER
9326570	GARLIC, WHT WHL CLOVE PLD PLST	-	-	-	-	-	-	-	-	-	-	-	MFGR
4350138	OIL, OLIV EX VRGN IMP ITALY	0.00	0.0	0.0	0.0	0.0	-	-	-	0.0	-	-	MFGR
2132157	SEASONING, ITLN NO MSG PLST	-	-	-	-	-	-	-	-	-	-	-	MFGR
300002	Fresh Thyme	0.12	0.0	0.18	0.0	0.0	0.0	0.0	-	0.0	0.0	0.26	USDA
1326404	BASIL, FRESH HERB	0.12	0.0	0.14	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.58	USDA
760850	SPICE, OREG LEAF DRIED PLST	0.14	0.0	0.26	0.0	0.0	0.0	0.0	0.0	0.01	0.0	0.08	USDA
15685	CHEESE, PARM GRTD BAG REF	4.84	0.0	0.25	0.0	0.0	0.0	0.0	0.12	0.05	0.0	1.52	USDA
Customer Na	me: TEST CUSTOM	ER MPP ONLIN	NE		Rec	ipe Yield L	abel:		Servings P	er Recipe:	Serving	Size:	
Recipe Name	: Marinara Sauc	e - Demo			1 G	allon			128		1 Liquid	Oz	
Allergens													
	Allergen	Do	oes Not Co	ntain		Con	tains		May Co	ntain		No Data	
	Milk		0			(0		0			\odot	
	Eggs		0			(<u> </u>		0			\odot	
	Fish		0			(0		0			\odot	
	Crustacean		0			(0		0			•	
	Shellfish		0			(0		0			•	
	Tree Nuts		0			(0		0			0	
	Peanuts		0			(0		0			<u> </u>	
	Wheat		0			(0		0			<u> </u>	
L	Soybeans		0			(0		0			\odot	

Recipe Detail Report with Nutritionals continued (from previous page)

Creating Nutritional Data in Menu Items

When entering Menu Items, there is no need to enter the number of servings or the serving size. All menu items are based on one finished product for service to a patron. Menu Items take nutritional data for all recipes and ingredients used to create one serving and total them. If a patron asked for nutritional information on a dish, the menu item detail with nutritionals would be the source to refer to.

Viewing Nutritional Data in Menu Items

Like Recipes, Menu Item nutritional data is available for viewing in multiple locations.

You may download the Menu Item list as a CSV file, which displays all Menu Items, and their nutritional totals. To do this, follow these steps;

1. From the Menu Item list screen, click the download arrow to begin the download process.

KI	Home Page	US Foods y Locations:	Customer TEST CUSTO	MER MPP	ONLINE (4	10683435) ▼]	Order Techni	Profile H ing Ques ical Ques	Help Contact U: tions: 1-800- tions: 1-877-	5 Sign Out -323-1004 -583-9659 Hello Jeff
+	Search Catalog	ρ	Home	Orders	Lists	Reports	Tools	Invoices	Menus	scoop	
Λ	Ienu Items	Click	on any of the colum	nn headers to	re-sort the	list of menu iter	ms.	Last Price Upda	te: Thu, Jun 26	, 2014 Dupda	ate Price
Filter Fi	r By: Menu Item Nam Iter list by	e / ID 🔘 Menu It	em Ingredients					Show	v Items Disp	lay 500	



2. MPP will download all Menu Items in CSV format, which will open with Excel. The list will include nutritional totals for each Menu Item.

	Name	Box B	С	D	E	F	G	Н	1.1	6		К	L	М	N	0	Р	Q	R	S	Т
1	Menu Iter	Menu Iter	Menu Iter	Menu Iter	POS Num	Menu Iter	Food Cost	Food Cost	Gross Pro	4	/	Shared	Locked	Calories	Protein	Cal From	Total Fat	Sat Fat	Trans Fat	Cholester	Sodium
2	391662	Apple Tar	Desserts	Our Famo	102	\$8.75	\$2.56	29.26%	\$6.19	N		Y	N	644.83	6.94	317.45	34.72	17.85	0	69.42	1493.67
3	534444	Apple Tar	Desserts	Our Famo	102	\$8.75	\$2.56	29.26%	\$6.19	N		Y	N	644.83	6.94	317.45	34.72	17.85	0	69.42	1493.67
4	391660	Apple Tar	Desserts	Our Famo	100	\$7.95	\$2.62	32.96%	\$5.33	N		Y	Y	729.43	6.94	320.7	35.05	17.85	0	72.15	1542.48
5	391661	Apple Tar	Desserts	Our Famo	101	\$8.25	\$2.62	31.71%	\$5.63	N		Y	Y	729.43	6.94	320.7	35.05	17.85	0	72.15	1542.48
6	391663	Bacon Che	Burgers	Our famou	103	\$11.99	\$6.41	53.46%	\$5.58	N		Y	N	2137.4	84.3	868.63	96.05	26.18	2.79	284.96	7945.83
7	514039	Blue final	Dinner			\$5.99	\$0.16	2.67%	\$5.83	N		Y	N	57.27	1.43	30.07	3.29	1.15	0	5.01	111.68
8	514038	Blue Plate	Dinner	original		\$5.99	\$0.61	10.18%	\$5.38	N		Y	N	189	1.35	54	5.4	0	0	0	175.5
9	514037	Blue Plate	Lunch	Our Famou	us House N	\$10.25	\$0.61	5.95%	\$9.64	N		Y	N	189	1.35	54	5.4	0	0	0	175.5

To view the nutritional data for a specific Menu Item, you can download a Menu Item detail report with nutritionals. To do this, complete the following steps;

1. On the Menu Item list screen, click the checkbox for the desired Menu Item.

N Filter Filt	Ienu It By: ● Mer ter list by	t <mark>ems</mark> nu Item Na	ime / ID () Menu It	em uny or me d	olamir neadera	to to solit the list of th	ene rems.
М	lanage Selec	ted						
•	Owner	Shared	Locked	Menu Item ID	Menu Item Name ▲	Menu Item Category	Menu Item Description	POS Number
					Salad	, approace.		
	MPPODEM	Y	N	391664	Cheese Platter	Appetizer		104
	MPPODEM	Y	N	391665	Cheesy Bread	Appetizer		105
	PATRICK	Y	N	467402	CO-Bacon Cheeseburg er Plate	Burgers	Our famous cheeseburger served w/seasoned fries	103
	MPPODEM	Y	N	514718	Lasagna Dinner	Dinner		

2. Next click the 'Manage Selected' button, and select 'Menu Item Detail with Nutritionals'

N Filter Fil	Ienu It By: ● Mer ter list by	en nu Ite	LCICK on any of US	tne o	column neaders	to re-sort the list of m	enu items
	lanage Select Owner	ted Sha	Selected Menuitems	em	Menu Item Category	Menu Item Description	POS Number
	MPPODEM	,	Copy Lock Unlock		Desserts	Our Famous Rustic Apple Tart topped with vanilla bean ice cream and salted caramel	102
	PATRICK	,	Share Unshare <u>Reports</u>		Desserts	Our Famous Rustic Apple Tart topped with vanilla bean ice cream and salted caramel	102
	MPPODEM		Menu Item List		Desserts	Our Famous Rustic Apple Tart	100
	MPPODEM		Menu Item Detail Menu Item Production	w	Desserts	Our Famous Rustic Apple Tart with melted cheddar	101
	MPPODE	9	Menu Item Detail Nutritionals Nutrition Labels (6op)	ırg	Burgers	Our famous cheeseburger served w/seasoned fries	103



3. The Menu Item Detail with Nutritionals now appears. It includes all ingredient nutritional details as well as allergen details when available.

FOODS CHICAGO	Menu Item Nu (2099)	trition	Report	*	3		CUS	TOMER:	TEST	CUSTON	IER MPP O	NLINE (40	583435)		
N	AME: Lasagna Dinner											2		haten	-
	M ID: 514718													all all	STA .
CATE	SORY: Dinner											Contraction of the second seco			
SEQ	PRODUCT #	SC		DESCRIP	ΓΙΟΝ		QTY	UC	M	т	YPE	I	NSTRUCTIO	NS	COST
1	225655	Lasa	gna - Demo				1.00	EA/Po	ortion	Re	ecipe				\$2.53
2	100002	Che	ese, Parmesa	an Reggian	D		2.00	Ou	nce	Non U	JS Foods				\$1.78
Menu Ite	m Instructions		IN	ISTRUCTIO	NS										
Server Pre	2p		Sp	prinkle plat	ed lasagna	with parm	esan cheese								
Custome	r Name: TEST CUSTON	ER MPP ON	LINE	ormation is	Menu based on 1	Item Nam	e: Lasagna	Dinner					Serving S	iize: 1 ea/por	tion
Produc	t # Description	Calorie	s Prote	in Ca	from 1	otal Fat	Sat Fat	Trans	Fat	Choleste	erol Soc	dium Ca	rbohvdrate	Dietary	Sugars
			(gm)	Fat	(gm)	(gm)	(gn	n)	(mg)) (r	ng)	(gm)	Fiber (gm)	(gm)
51471	8 Menu Item Total	1052.7	71.5	9 48	6.9	54.4	26.58	0.5	6	202.8	3 211	0.29	63.69	6.68	15.86
22565	5 Lasagna - Demo	808.42	49.7	3 34	0.91	38.18	16.77	0.5	6	152.9	124	3.36	61.39	6.68	15.35
10000	Reggiano	244.37	21.8	1 14	5.99	16.22	9.81	-		49.9	866	5.93	2.3	0.0	0.51
Extende	d Nutritionals	All N	utritional inf	ormation is	based on 1	serving of	f this menu	item							
Produc	t # Description	Vitamin	Vitamin	Potassium	Calcium	Iron	Vitamin	Vitam	in	Zinc	Vitamin	Vitamin	Vitamin	Niacin	Riboflavin
51471	8 Menu Item Total	A (IU)	C (mg)	(mg)	(mg)	(mg)	34.57	E (mg	3)	(mg) 10.64	K (mcg)	812 (mcg	3 39	(mg)	(mg)
22565	5 Lasagna - Demo	1658.05	15.81	525.87	132.27	4.19	22.66	1.26		8.45	11.18	3.47	3.37	7.47	0.42
10000	Cheese, Parmesan Reggiano	490.45	0.0	70.87	628.79	0.51	11.91	0.14		2.19	1.08	1.28	0.02	0.06	0.27
Extende	d Nutritionals Continu	ied All Nu	tritional info	ormation is	based on <u>1</u>	serving of	this menu i	tem							
Produc	t # Description	Phospoh	us Folacin	Magnesiu	m Thiamir	Copper	lodine	Molybde	num	Seleniu	m A	sh I	Moisture	Vitamin	Source
E1471	e Menu Item Total	(mg)	(mcg)	(mg)	(mg)	(mg)	(mcg)	(mg)		(mcg)	(gra	ims)	0.0	A (RE)	LICER
22565	5 Lasagna - Demo	716.07	20.19	55.56	0.09	0.24	0.0	0.0	-	21.45	9.3	77	0.0	15.62	LISER
10000	Cheese, Parmesan Reggiano	413.34	0.0	21.55	0.01	0.13	0.0	0.0		10.04	4.5	55	0.0	129.84	USDA
Custome	r Name: TEST CUSTON	ER MPP ON	LINE		Menu	Item Nam	e: Lasagna	Dinner					Serving S	ize: 1 ea/por	tion
Anerger	Allergen		Does Not C	ontain		C	ontains			Ma	v Contain			No Data	
	Milk		0				0				0	-		0	
	Eggs		0				0				0			•	
	Fish		0				0				0			•	
	Crustacean		0				0				0			\odot	
	Shellfish		0				0				0			\odot	
	Tree Nuts		0				0				0			\odot	
	Peanuts		0				0				0			$\overline{\mathbf{O}}$	
	Wheat		0				0				0			۲	
	Soybeans		0				0				0			\odot	



Nutritional Reports in MPP

Recipe/Menu Item Detail Report with Nutritionals

MPP can produce a recipe or menu item detail report with nutritionals. These reports display nutritional totals, as well as each ingredient's specific contribution to the total values. They will also display allergen information when available.

FOODS CHICAGO	Menu Item Nu	itrition l	Report	*			cu	STOMER	TEST (CUSTO	MER MPP	ONLINE (40683435)		
MENU ITE CATEO DESCRIP	VAME: Cheesy Bread EM ID: 391665 GORY: Appetizer TION:	I													
SEQ	PRODUCT #	SC		DESCRIPT	ION		QTY	U	ом	1	TYPE		INSTRUCTI	ONS	COST
1	245748	Garli	c Butter				4.00	Liqu	id Oz	R	ecipe				\$0.73
2	204320	Fresh	Basil				1.00	0	ince	Non	US Foods				\$0.62
3	2404473	CHEE	SE, AMER	SHRD FTHR I	PROCD		1.00	0	ince	US	Foods				\$0.18
4	7579378	BREA	D, BAGET I	RNCH WHT	21"		6.00	0	ince	US	Foods				\$0.70
Menu Iter	m Instructions														
STEP			I	ISTRUCTION	IS										
prep			-0 -5 -5 -5 -F 0	hop and slid plit baguett trush garlic t prinkle chee lace bread t CP Instructio	ce fresh ba e and sepa butter on b ese evenly under salar on(s): HOI	sil orate oread on bread mander unt _DING/SER\	til cheese i /ING: Critic	s melted	l Point: !	Serve a	it or above	2 135F.	Consider D	: 1 1	
Customer I	Name: TEST CUSTOME	R MPP ONLIN	VE itional info	motion is b	Menu I	tem Name:	Cheesy B	read					Serving S	ize: 1 ea/poi	tion
Product	# Description	Calories	Protei	n Cal fr	om To	tal Fat	Sat Fat	Trans	at Ch	olester	ol Sod	ium C	arbohydrate	Dietary	Sugars
			(gm)	Fat	t	(gm)	(gm)	(gm		(mg)	(m	ng)	(gm)	Fiber (gm)	(gm)
391665	Menu Item Total	1341.44	23.04	882.6	53 10	01.29	62.08	0.0	- 1	265.31	2143	3.61	93.77	3.49	3.13
245748	Garlic Butter	808.43	0.89	800.	0 9	92.0	56.0	0.0		240.0	644	1.0	0.89	0.0	0.0
204320	Fresh Basil	6.52	0.89	1.63	3 (0.18	0.01	-		0.0	1.1	13	0.75	0.45	0.09
2404473	SHRD FTHR PROCD	101.25	6.07	81.0	9 9	9.11	6.07	0.0		25.31	496	.12	1.01	0.0	0.0
7579378	BREAD, BAGET FRNCH WHT 21"	425.24	15.19	0.0		0.0	0.0	0.0		0.0	1002	2.36	91.12	3.04	3.04
Extended	Nutritionals	All Nutr	itional info	rmation is b	ased on 1	serving of t	his menu i	tem							
Product	# Description	Vitamin	Vitamin	Potassium	Calcium	Iron (mg)	Vitamin	Vitami	n Zin	nc	Vitamin	Vitamin	Vitamin	Niacin	Riboflavin
391665	Menu Item Total	1495.43	5.1	83.63	50.18	0.9	0.0	0.3	0.7	3	117.59	0.0	1,13	0.26	0.02
245748	Garlic Butter	0.00	0.0	0.0	0.0	0.0	0.0	0.07	0.	0	0.0	0.0	1.09	0.0	0.0
204320	Fresh Basil	1495.43	5.1	83.63	50.18	0.9	0.0	0.23	0.2	3	117.59	0.0	0.04	0.26	0.02
2404473	CHEESE, AMER SHRD FTHR PROCD	-	-	-	-	-	-	-	-		-	-	-	-	-
7579378	BREAD, BAGET FRNCH WHT 21"	-	-	-	-	-	-	-	-		-	-	-	-	-
Extended	Nutritionals Continue	d All Nutr	itional info	rmation is h	ased on 1	serving of t	his menu i	tem							
Product	# Description	Phospohrus	Folacin	Magnesium	Thiamin	Copper	lodine	Molybde	num S	eleniun	n As	sh	Moisture	Vitamin	Source
	14 IL T. I	(mg)	(mcg)	(mg)	(mg)	(mg)	(mcg)	(mg)		(mcg)	(gra	ims)		A (RE)	
391665	Menu Item Total	15.88	0.0	18.14	0.01		0.0	0.0	1	0.09	1 04	12	0.0	74.84	USER
245748	Garlic Butter					0.11	0.0	0.0		0.05	0.4	_			LICCD
204320	Early Devil	0.00	0.0	0.0	0.0	0.11	0.0	0.0		0.0	0.4	0	0.0	0.0	USER
2404473	Fresh Basil CHEESE, AMER	0.00	0.0	0.0	0.0	0.11 0.0 0.11	0.0	0.0		0.0	0.4	0	0.0	0.0 74.84	USDA MFGR
2404473 7579378	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BREAD, BAGET FRNCH WHT 21"	0.00 15.88 - -	0.0 0.0	0.0 18.14	0.0 0.01 -	0.11 0.0 0.11	0.0 0.0	0.0 0.0		0.09	0.4	0	0.0 0.0 -	0.0 74.84 - -	USDA MFGR MFGR
2404473 7579378 Customer	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BREAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME	0.00 15.88 - - R MPP ONLI	0.0 0.0 - - NE	0.0 18.14	0.0 0.01 - - Menu	0.11 0.0 0.11 - -	0.0 0.0 - - :: Cheesy E	0.0 0.0 - - Bread		0.09	0.4	0	0.0 0.0 - - Serving	0.0 74.84 - - Size: 1 ea/po	USDA USDA MFGR MFGR
2404473 7579378 Customer Allergens	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BREAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME	0.00 15.88 - - R MPP ONLI	0.0 0.0 - - NE	0.0 18.14	0.0 0.01 - - Menu	0.11 0.0 0.11 - Item Name	0.0 0.0 - - :: Cheesy E	0.0 0.0 - - Bread		0.09	0.4 0.4 -	0	0.0 0.0 - - Serving	0.0 74.84 - Size: 1 ea/po	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens	Fresh Basil CHESSE, AMER SHRD FTHR PROCD BREAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME CHIEREN Milk	0.00 15.88 - - R MPP ONLI	0.0 0.0 - - NE	0.0 18.14 - -	0.0 0.01 - - Menu	0.11 0.0 0.11 - - Item Name	0.0 0.0 - - :: Cheesy F	0.0 0.0 - - 3read		0.09 - - May	0.4 0.4 -	0	0.0 0.0 - - Serving	0.0 74.84 - - Size: 1 ea/po	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BERAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME CHEESE Allergen Milk Fores	0.00 15.88 - - :R MPP ONLI	0.0 0.0 - NE Does Not Co	0.0 18.14 - -	0.0 0.01 - - Menu	0.11 0.0 0.11 - Item Name	0.0 0.0 - - :: Cheesy B mains •	0.0 0.0 - - 3read		0.09 - May	(Contain	0	0.0 0.0 - - Serving	0.0 74.84 - Size: 1 ea/po No Data	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BREAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME Allergen Milk Eggs Fish	0.00 15.88 - - R MPP ONLI	0.0 0.0 - - NE Does Not Co	0.0 18.14 - -	0.0 0.01 - - Menu	0.11 0.0 0.11 - - item Name	0.0 0.0 0.0 - - - - - - - - - - - - -	0.0 0.0 - - - Bread		0.09 - - May	(Contain	0	0.0 0.0 - - Serving	0.0 74.84 - Size: 1 ea/poo No Data O O	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens	Fresh Basil CHEESE, AMER SHRD FTHR PROCD BERAD, BAGET FRNCH WHT 21" Name: TEST CUSTOME Allergen Milk Eggs Fish Crustacean	0.00 15.88 - - R MPP ONLI	0.0 0.0 - - NE Does Not Co O O	0.0 18.14 -	0.0 0.01 - - Menu	0.11 0.0 0.11 - Item Name	0.0 0.0 0.0 - - :: Cheesy B ttains ⊙ ○ ○	0.0 0.0 - - Bread		0.09 - - May	(Contain) (Contain) (Contain	0	0.0 0.0 - Serving	0.0 74.84 - Size: 1 ea/poo No Data O O O	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens	Fresh Basil Fresh Basil CHESE, AMER SHRD FTHR PROCO BREAD, BAGET FRNCH WHT 21* Name: TEST CUSTOME Milk Eggs Fish Crustacean Shellfish	0.00 15.88 - - - R MPP ONLI	0.0 0.0 - - - NE Does Not CC 0 0 0	0.0 18.14 - -	0.0 0.01 - - Menu	0.11 0.0 0.11 - Item Name	0.0 0.0 0.0 - - :: Cheesy B ttains ⊙ ○ ○ ○	0.0 0.0 - - 3read		0.09 - - May	Contain	0	0.0 0.0 - Serving	0.0 74.84 - Size: 1 ea/poo No Data O O O O O	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens		0.00 15.88 - - - - - - - - - - - - -	0.0 0.0 - - NE Does Not CC 0 0 0	0.0 18.14 - -	0.0 0.01 - - Menu	0.11 0.0 0.11 - Item Name	0.0 0.0 0.0 - - c	0.0 0.0 - 3read		0.0 0.09 - - May	(Contain (Conta		0.0 0.0 - Serving	0.0 74.84 - Size: 1 ea/poo Size: 1 ea/poo O O O O O O O O O O O O	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens		0.00 15.88 - - R MPP ONLI - - - - - - - - - - - - -	0.0 0.0 - - NE Does Not Co 0 0 0 0 0 0	0.0 18.14 - - ontain	0.0 0.01 - - Menu	0.11 0.0 0.11 - - -	0.0 0.0 0.0 - - - - - - - - - - - - -	0.0 0.0 - 3read		0.0 0.09 - - May	0.4 0.4	0	0.0 0.0 - Serving	0.0 74.84 - - Size: 1 ea/poo O O O O O O O O O O O O O O O O O	USDA MFGR MFGR rtion
2404473 7579378 Customer Allergens		0.00 15.88	0.0 0.0 - - - NE Does Not Co 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.0 18.14 -	0.0 0.01 - - Menu 0.01 - - 0.01 0.01 0.01 0.01 0.01 0.01	0.11 0.0 0.11 - - - Item Name	0.0 0.0 - - :: Cheesy f mains ⊙ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	0.0 0.0 - - 3read		0.0 0.09 - - May	(contain ()		0.0 0.0 - Serving	0.0 74.84 - - Size: 1 ea/po No Data O O O O O O O O O O	USDA MFGR MFGR rtion



Nutritional Labels

MPP also allows the user to print nutritional panels for a recipe or menu item. These can be useful for carryout, or grab and go items. To generate these panels, follow the steps below.

1. In the recipe or menu item detail, click the options button in the upper right corner of the screen.

Recipe Detail >> Marin	ara Sauce - Demo		(1	Options Learn More >
Step 1 - Recipe Information	Step 3 - Save Recipe & Enter Ingredients	Calculated Values	Svgs / Recipe	: 128
Recipe Name*:			Serving Size:	1.00 Liquid Oz
Marinara Sauce - Demo		Recipe ID: 225656	Cost per Serving:	\$0.08
Recipe Yield Label: 1 Gallon			Cost per Recipe:	\$10.09

2. From the drop-down list that appears, choose the label format you prefer. These nutritional data panels can be printed in a group of six labels per page (6pp) pre-formatted to fit Avery label # 5524 or individually as one per page (1pp).

•			Conv	ore >
Step 1 - Recipe Information Recipe Name*:	Step 3 - Save Recipe & Enter Ingredients	Calculated	Replace with	1 Oz
Marinara Sauce - Demo		Recipe ID:	USF Product	
Recipe Yield Label: 1 Gallon			Non USF Product	
Share Recipe: 🖉 🛛 Lock Recipe: 🔲			Recipe	
			Reports	
Learn More >>	Learn More >>		Recipe Detail Cost	lore :
			Recipe Detail Production	
Step 2 - Serving Size Information	Step 4 - Recipe Instructions Hide Steps in the ingredient list	Batch Reci	Recipe Detail Nutritionals	
Servings Per Recipe* 128		Batch Rec	Recipe Nutrition Label (6pp)	
Serving Size Qty*: Serving Size UOM*:	Add Step	(2)	Recipe Nutrition Label (1pp)	

3. A group of six labels per page, or a single panel is generated, that can be printed or saved.





Nutritional Data in MPP

It is important to understand how Menu Profit builder Pro stores, calculates and displays nutritional data. The foundation for all nutritional calculations in MPP is the ingredient. In order to calculate nutrient data anywhere in MPP, we must first know the values for each item used in our recipes and menu items.

For example, we must know the nutritional values for the canned tomato sauce, before we can calculate its contribution to the values in our recipe for Marinara Sauce, and in turn the sauce's portion of values in the Lasagna menu item in which it is used.



When nutritional data for an ingredient is entered, it is displayed in several locations throughout MPP. The program displays nutritional details in a manner similar to the standard nutrition label most of us are familiar with. The primary data, displayed in the upper portion of the nutrition panel, consists of serving size, calories, fat, cholesterol, sodium, carbohydrate and protein. This data is displayed in the uppermost portion of the MPP nutritionals screen for this product.

It is important to remember that when viewed in the ingredient information tab of a recipe or menu item as shown below, this data represents the nutritional values for this ingredient in a single serving.

- 1. Manufacturer's nutrition label for tomato sauce
- 2. Tomato sauce nutritional data in one liquid ounce of our marinara recipe

Nutrii Serving Size g (Servings Per Co Amount Per Servin	128g) Intainer 13		ts
oulones occar		1410	
Total Fat 0g Saturated Fat Trans Fat 0g Cholesterol 0mg Sodium 500mg Total Carbohyo Dietary Fiber 3 Sugars 7g Protein 3g	og g Irate 14g	D	0% 0% 21% 5% 12%
Vitamin A Vitamin C Calcium Iron * Percent Daily Values Your daily values may your calorie needs:	are based on be higher or le Calories	a 2,000 ca ower deper	15% 8% 2% 6% alorie diet. nding on
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2400mg 300g 25g	80g 25g 300mg 2400mg 375g 30g

dd To	List: Produ	ct Number	Ref Numbe	r	Description		Qty:*		select •
el	Seq 🔺	Replace	Product	SC	Product/Recipe Name	Туре	Ingredient Instruction	QTY	UOM
8	Instruc	tions:							
	1	R	3328168		SAUCE, SPAG TMTO CAN SHLF (3328168)	US Foods		1	Gallon 🔻
	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		2	Ounce •
	3	R	4350138		OIL, OLIV EX VRGN IMP ITALY (4350138)	US Foods		2	Tablespor 🔻
	4	R	2132157		SEASONING, ITLN NO MSG PLST (2132157)	US Foods		1	Teaspoor 🔻
	5	R	1326404		BASIL, FRESH HERB (1326404)	US Foods		1	Ounce •
	6	R	760850		SPICE, OREG LEAF DRIED PLST (760850)	US Foods		1	Tablespor 🔻
	7	R	15685		CHEESE, PARM GRTD BAG REF (15685)	US Foods		3	Ounce •
R	ecipe In	formation	Ing	redier	nt Information				
ngre	edient Des	cription	Ingredie	nt UON	I Ingredient Nutrition	nals Ingr	edient Allergens		
urce	. Manufac	turer	•	Per 1	Liquid Oz serving	2			
Calori	ies: Protei	in: Cal from	Fat: Total Fat:	Sat Fat	: Trans Fat: Cholesterol: Sodiu	um: Total Carb:	Fiber: Sugars:		
19.5	6 0.73	3 0.00	0.00	0.00	0.00 0.00 122.	28 3.42	0.73 1.71		



Additional nutrient data, when available such as vitamins and minerals is located in the lower portion of the nutrition panel, are displayed in the lower portion of the MPP nutritionals screen for this product. Again, when viewed within the recipe or menu item, these numbers are for this product in one serving of our finished item.

Sel	Seq 🛦	Replace	Product	SC	Product/Re	cipe Name	Туре	Ingre Instr	edient uction	QTY	UOM	Ingredient Cost
2	Instru	ctions:										
	1	R	3328168		SAUCE, SPAG TM SHLF (3328168)	TO CAN	US Foods			1	Gallon 🔻	\$6.02
	2	R	9326570		GARLIC, WHT WH PLST (9326570)	CLOVE PLD	US Foods			2	Ounce •	\$0.35
	3	R	4350138		OIL, OLIV EX VRG ITALY (4350138)	NIMP	US Foods			2	Tablespor •	\$0.20
	4	R	2132157		SEASONING, ITLN PLST (2132157)	NO MSG	US Foods			1	Teaspoor 🔻	\$0.05
	5	R	1326404		BASIL, FRESH HEP	RB (1326404)	US Foods			1	Ounce •	\$1.82
	6	R	760850		SPICE, OREG LEAR PLST (760850)	DRIED	US Foods			1	Tablespor 🔻	\$0.37
	7	R	15685		CHEESE, PARM GR REF (15685)	RTD BAG	US Foods			3	Ounce •	\$1.28
R	ecipe Ir	formation	n Ing	redien	t Information	י 📃						
Ingre	dient De	scription	Ingredie	nt UOM	Ingredi	ent Nutrition	ais ing	redient Alle	ergens			
Source	Manufa	icturer	•	Per 1	Liquid Oz serving							
Calori	es: Prote	ain: Cal from	Fat: Total Fat:	Sat Eat	Trans Eat Cho	esterat Sadiu	m Total Carb	Eiher:	Sugars:			
19.5	6 0.7 gran	3 0.00) 0.00 grams	0.00 grams	0.00 (grams	.00 122.2	7 3.42 grams	0.73 grams	1.71 grams			
Vitamir	A: Vitam	in C: Potassiu	m: Calcium:	Iron:	Vitamin D: Vitam	in E: Zinc:	Vitamin K: V	itamin B12: Vi	itamin B6:	Niacin: Rib	oflavin: Folacin:	ה
234.	2.2	5	6.26	0.24								
U	mg) mg	mg	mg	IU mi) mg	mcg	mcg	mg	mg	mg mcg	
Phosph	orus: Magn	esium: Thiam	in: Copper:	lodine:	Molybdenum: Se	elenium: Ash	: Moisture:	Vitamin A (R	RE):			
mg	ı n	ng mg	mg	mcg	mg	mcg gram	is grams	RE				
¹ Calorie	s from Fat =	approximately	9 calories per gr	am of Fat.								



When nutritional data is present for all ingredients, and there are no more missing data messages, we can view the total nutritionals for the full recipe or menu item.

- 1. In the recipe, click on the "Recipe Information" tab.
- 2. Next, click the 'Recipe Nutritionals' sub-tab.

	6		R	1326404		BASIL, FRES	H HERB (1326	6404)	US Foods			1	0	unce	۲	\$1.
	7]	R	760850		SPICE, OREG PLST (76085	LEAF DRIED		US Foods			1	Т	ablespo	N T	\$0.3
	8]	R	15685		CHEESE, PAR REF (15685)	RM GRTD BAG	3	US Foods			3	0	unce	T	\$1.3
R	lecipe	Inform	nation	Ing	gredien	t Informa	ation									
	Decine	цом		Desine In	otruction					ocipo Alle	raens					
1 1	Recipe	UOIVI		Recipe in	Struction	IS F	Recipe Nuti	ritionals		ecipe Alle	rigens					
1	Recipe	UOIM		Recipe in	Struction	15 F	Recipe Nuti	ritionals	2	ecipe Alle	ergens					
Source	: USEF	R	•	Recipe in	struction		Recipe Nutr	ritionals	2	ecipe Alle	rgens					
Source	Secipe	2	T	Recipe in	struction		Recipe Nutr	ritionals	2		rigens					
iource Calorie	ecipe USEF	COM R otein: 10	▼ Cal from Fat	Total Fat:	Sat Fat:	Trans Fat:	Recipe Nutr	ritionals Sodium:	Total Carb	Fiber:	Sugars:					
Calorio 25.2	es: Pro	otein: 10	▼ Cal from Fat 3.64	Total Fat: 0.40	Sat Fat	Trans Fat: 0.00	Cholesterol: 0.58	Sodium: 132.47	Total Carb 3.67	Fiber: 0.79	Sugars: 1.72					7
Calorie 25.2	e: USEF ies: Pro 24 1 gr	otein: 1 .13 'ams	Cal from Fat 3.64	Total Fat: 0.40 grams	Sat Fat: 0.14 grams	Trans Fat: 0.00 grams	Cholesterol: 0.58 mg	Sodium: 132.47 mg	Total Carb 3.67 grams	Fiber: 0.79 grams	Sugars: 1.72 grams					7
Calorie 25.2 Vitamin	e: USEF ies: Pro 24 1 gr n A: Vita	otein: 10 .13 'ams	▼ Cal from Fat 3.64 Potassium:	Total Fat: 0.40 grams Calcium:	Sat Fat: 0.14 grams Iron:	Trans Fat: 0.00 grams Vitarnin D:	Cholesterol: 0.58 mg Vitamin E:	Sodium: 132.47 mg Zinc:	Total Carb 3.67 grams Vitamin K: V	Fiber: 0.79 grams	Sugars: 1.72 grams Vitamin B6;	Niacin:	Riboflav	n: Fol	acin:	
Calorie 25.2 Vitamin 259.0	ies: Pro 24 1 gr n A: Vita 07 2	otein: 1 .13 rams min C: F	Cal from Fat 3.64 Potassium: 3.35	Total Fat: 0.40 grams Calcium: 15.99	Sat Fat: 0.14 grams Iron: 0.31	Trans Fat: 0.00 grams Vitamin D: 0.14	Cholesterol: 0.58 mg Vitamin E: 0.06	Sodium: 132.47 mg Zinc: 0.03	Total Carb 3.67 grams Vitamin K: V 1.52	Fiber: 0.79 grams itamin B12: 0.02	Sugars: 1.72 grams Vitamin B6: 0.14	Niacin: 0.00	Riboflav 0.00	n: Fol	acin: 00	
Calorie 25.2 Vitamin 259.(IU	EUSEF ies: Pro 24 1 gr n A: Vita 07 2	otein: 17 .13 rams .47 mg	Cal from Fat 3.64 Potassium: 3.35 mg	Total Fat: 0.40 grams Calcium: 15.99 mg	Sat Fat: 0.14 grams Iron: 0.31 mg	Trans Fat: 0.00 grams Vitamin D: 0.14 IU	Cholesterol: 0.58 mg Vitamin E: 0.06 mg	Sodium: 132.47 mg Zinc: 0.03 mg	Total Carb 3.67 grams Vitamin K: V 1.52 mcg	Fiber: 0.79 grams itamin B12: 0.02 mcg	Sugars: 1.72 grams Vitamin B6: 0.14 mg	Niacin: 0.00 mg	Riboflav 0.00 mg	in: Fol	acin: 00 ncg	
Calorie 25.2 Vitamin 259.0	EVELIPE EVEL EVE	otein: 10 .13 .ams .47 mg	Cal from Fat 3.64 Cotassium: 3.35 mg Thiamin:	Total Fat: 0.40 grams Calcium: 15.99 mg	Sat Fat: 0.14 grams lron: 0.31 mg	Trans Fat: 0.00 grams Vitamin D: 0.14 IU	Cholesterol: 0.58 mg Vitamin E: 0.06 mg	Sodium: 132.47 mg Zinc: 0.03 mg Ash:	Total Carb 3.67 grams Vitamin K: V 1.52 mcg	Fiber: 0.79 grams itamin B12: 0.02 mcg	Sugars: 1.72 grams Vitamin B6: 0.14 mg (RE)	Niacin: 0.00 mg	Riboflav 0.00 mg	n: Fol O. m	acin: 00 nog	
Calorie 25.2 Vitamin 259.(IU Phosph	EVELIPE EVELIPE EVEL	otein: 10 .13 rams .47 mg gnesium: 0.83	▼ Cal from Fal 3.64 Potassium: 3.35 mg Thiamin: 0.00	Total Fat: 0.40 grams Calcium: 15.99 mg Copper: 0.00	Sat Fat: 0.14 grams Iron: 0.31 mg Iodine: 0.00	Trans Fat: 0.00 grams Vitamin D: 0.14 IU Molybdenur 0.00	Cholesterol: 0.58 mg Vitamin E: 0.06 mg m. Selenium: 0.12	Sodium: 132.47 mg Zinc: 0.03 mg Ash: 0.06	Total Carb 3.67 grams Vitamin K: V 1.52 mcg Moisture:	Fiber: 0.79 grams (tamin B12: 0.02 mcg	Sugars: 1.72 grams V/tamin B6: 0.14 mg (RE):	Niacin: 0.00 mg	Riboflav 0.00 mg	n: Fol O. rr	acin: 00 ncg	

This nutritional data is for one serving of the recipe or menu item. It is derived by totaling the nutritionals for all of the ingredients combined in a serving, which in this case is one liquid ounce of marinara sauce.