



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 nutritional data 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.

**GLUTEN  
FREE!**

**Trans  
Fat  
Free!**

Nutrition Facts	
Serving Size 1 Liquid Oz	
GARLIC BUTTER with Parsley	
Amount Per Serving	
Calories 205.4	Calories from Fat 207
	<b>% Daily Value*</b>
<b>Total Fat</b> 23g	<b>35%</b>
Saturated Fat 14.6g	<b>73%</b>
Trans Fat 0.9g	
<b>Cholesterol</b> 61mg	<b>20%</b>
Sodium 3.6mg	<b>0%</b>
<b>Total Carbohydrates</b> 0.5g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 0.3g	
Vitamin A	708.5%
Vitamin C	0%
Calcium	9.2%
Iron	0%

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie 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.

**Product Detail** Printer Friendly Close

SAUCE, SPAGHETTI TOMATO CAN SHELF STABLE FANCY PASTA

Product Number: 3328168  
 Brand Name: MONARCH-D  
 Package Size: 6#10 CN  
 Sold By: CS  
 Partial Units Available: No  
 Price Full: \$27.08 CS

**Nutrition Facts**  
 Serving Size g (128g)  
 Servings Per Container 138

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	

Click to View our Nutritional Disclaimer

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:  Product Number  Ref Number  Description.. Qty:\*  --select--

Sel	Seq ▲	Replace	Product	SC	Product/Recipe Name	Type	Ingredient Instruction	QTY	UOM	Ingredient Cost
<input type="checkbox"/>	1	R	3328168		SAUCE, SPAG TMTO CAN SHLF (3328168)	US Foods		1	Gallon ▼	\$6.02
<input type="checkbox"/>	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		2	Ounce ▼	\$0.35
<input type="checkbox"/>	3	R	4350138		OIL, OLIV EX VRGN IMP ITALY (4350138)	US Foods		2	Tablespoon ▼	\$0.20
<input type="checkbox"/>	4	R	2132157		SEASONING, ITLN NO MSG PLST (2132157)	US Foods		1	Teaspoon ▼	\$0.05
<input type="checkbox"/>	5	R	1326404		BASIL, FRESH HERB (1326404)	US Foods		1	Ounce ▼	\$1.82
<input type="checkbox"/>	6	R	760850		SPICE, OREG LEAF DRIED PLST (760850)	US Foods		1	Tablespoon ▼	\$0.37

**Recipe Information** **Ingredient Information**

Ingredient Description  Ingredient UOM  **Ingredient Nutritionals**  Ingredient Allergens

Source:  Manufacturer  Per 1 Liquid Oz serving

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:
19.56	0.73	0.00	0.00	0.00	0.00	0.00	122.28	3.42	0.73	1.71
	grams		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.

USDA  
Agricultural Research Service  
United States Department of Agriculture

National Nutrient Database for Standard Reference  
Release 26

NDL Home Food Search Nutrients List Ground Beef Calculator Contact Us SR26 Documentation

FOOD GROUP

Enter one or more terms and click 'Go' for a new search

Go

8,463 foods found: Click on a food name to view details

NDB No.	Description	Food Group
01001	Butter, salted	Dairy and Egg Products
01002	Butter, whipped, with salt	Dairy and Egg Products
01003	Butter oil, anhydrous	Dairy and Egg Products
01004	Cheese, blue	Dairy and Egg Products
01005	Cheese, brick	Dairy and Egg Products
01006	Cheese, brie	Dairy and Egg Products
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.

- 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 LEAF DRIED PLST (760850)	US Foods	1	Tablespoon	\$0.37
7	R	15685	CHEESE, PARM GRTD BAG REF (15685)	US Foods	3	Ounce	\$1.28

Recipe Information Ingredient Information

Ingredient Detail Ingredient UOM Ingredient Nutritional Ingredient Allergens

Source: None

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	grams		grams	grams	grams	mg	mg	grams	grams	grams

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

The screenshot shows the 'Ingredient Information' tab with a 'Source' dropdown menu. The menu is open, showing options: 'None', 'USDA', and 'Manufacturer USER'. The 'USDA' option is highlighted in blue and has a red box around it with the number '2' next to it. Below the dropdown, there is a table of nutritional data with columns: Calories, Total Fat, Sat Fat, Trans Fat, Cholesterol, Sodium, and Total Carb. The values are mostly 'n/a'.

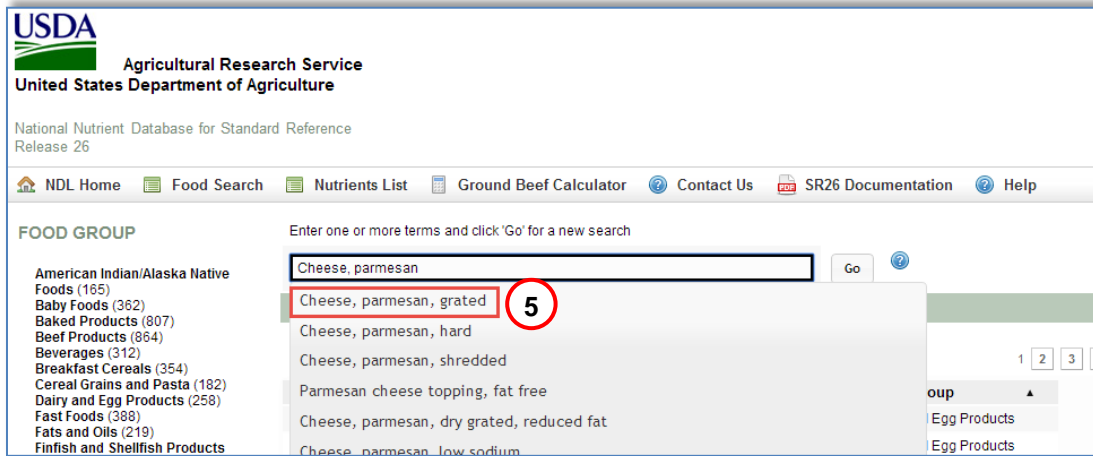
- The nutritional data screen changes to show USDA source selection windows. To locate the nutritional data for parmesan cheese, click the green 'USDA Number' link to be taken to the USDA nutritional database. *This will open a new tab in your Google Chrome Browser at the top of your screen, you may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

The screenshot shows the 'Ingredient Information' tab with the 'Source' dropdown set to 'USDA'. A red box highlights the 'USDA Number' input field with the number '3' next to it. There is also a 'Get Nutrition Information' button. Below this, there are fields for 'Product #', 'Product Name', and 'Product Description', followed by a table of nutritional data with columns: Calories, Protein, Cal from Fat, Total Fat, Sat Fat, Trans Fat, Cholesterol, Sodium, Total Carb, Fiber, and Sugars.

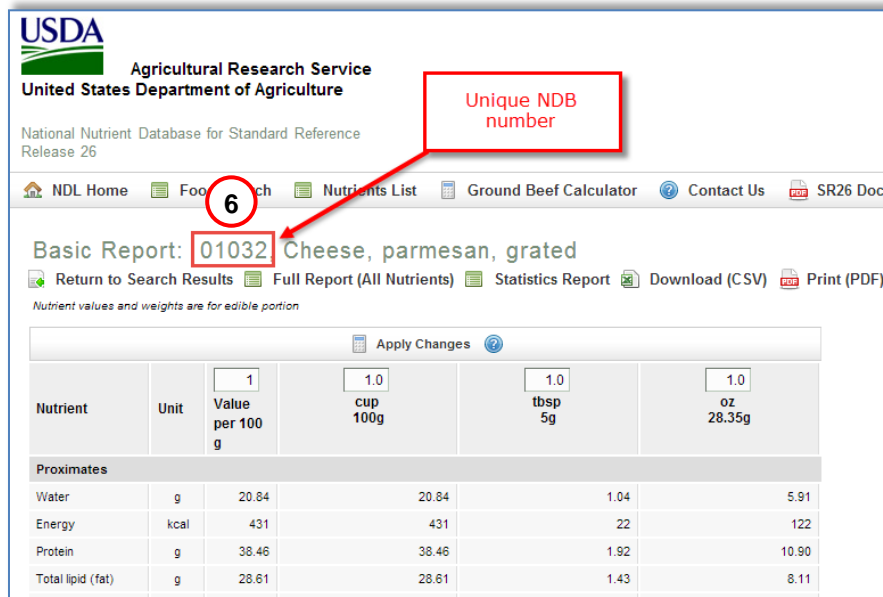
- On the USDA website, use the search box to enter the desired ingredient, and then click the 'Go' button to initiate the search.

The screenshot shows the USDA website's search interface. The search box contains the text 'Cheese, parmesan' and has a red box around it with the number '4' next to it. To the right of the search box is a 'Go' button. Below the search box, it says '8,463 foods found: Click on a food name to view details'. On the left side, there is a 'FOOD GROUP' list with categories like 'American Indian/Alaska Native Foods (165)', 'Baby Foods (362)', etc. At the bottom, there is a table with columns: NDB No., Description, and Food Group. The first row shows '01001' for 'Butter, salted' under the 'Dairy and Egg' group.

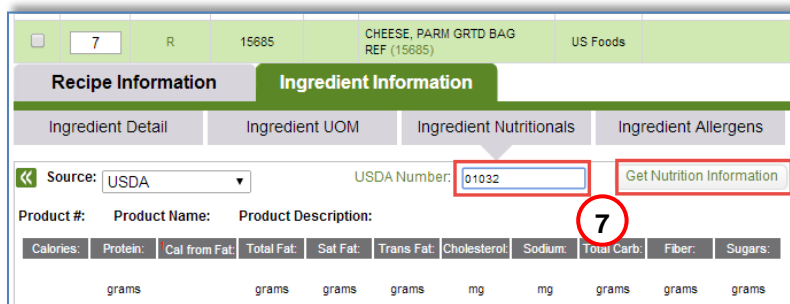
- Click on the desired ingredient from the list that appears.



- 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.

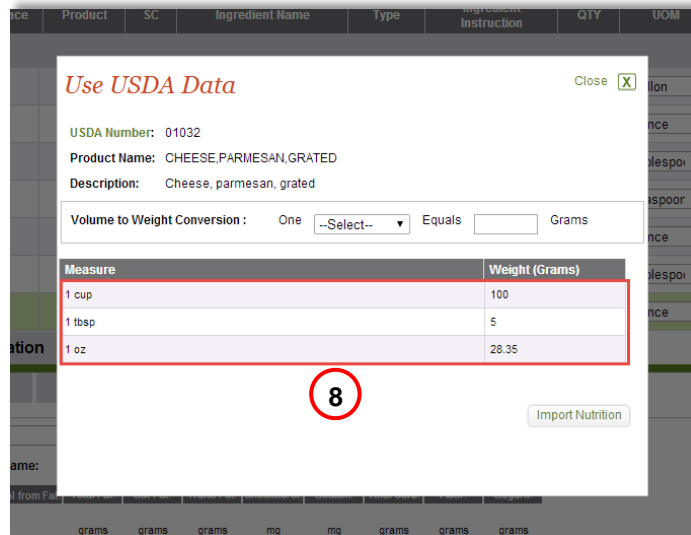


- Close the USDA website, and return to MPP. Enter the NDB number for the parmesan cheese into the USDA Number window, and click ‘Get Nutrition Information.’

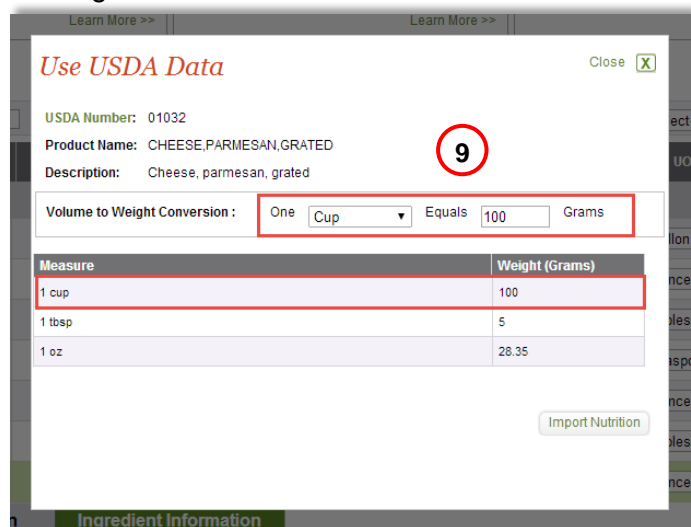




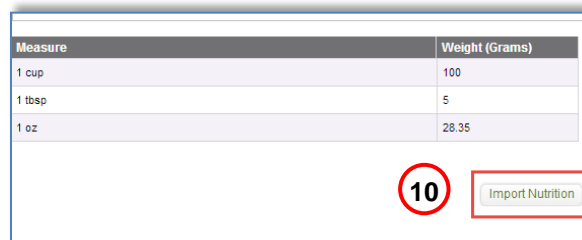
- The 'Use USDA Data' screen now appears. If the USDA provides volume-to-weight conversions, these will appear in the lower portion of the window. This conversion allows MPP to use an ingredient sold by weight in recipes calling for volumes i.e. cups, tablespoons, etc. Note: This is an optional feature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



- 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.



- Finally, click the "Import Nutrition" button.



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.

Ingredient Nutritionals

Source: **USDA**    USDA Number:    [Get Nutrition Information](#)

Product #: 01032    Product Name: CHEESE,PARMESAN,GRATED    Product Description: Cheese, parmesan, grated

Serving Size: \* **1** Cup

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:			
431.00	38.46	257.49	28.61	17.30		88.00	1529.00	4.06	0.00	0.90			
	grams		grams	grams	grams	mg	mg	grams	grams	grams			
Vitamin A:	Vitamin C:	Potassium:	Calcium:	Iron:	Vitamin D:	Vitamin E:	Zinc:	Vitamin K:	Vitamin B12:	Vitamin B6:	Niacin:	Riboflavin:	Folate:
865.00	0.00	125.00	1109.00	0.90	21.00	0.25	3.87	1.90	2.26	0.04	0.11	0.48	0.00
IU	mg	mg	mg	mg	IU	mg	mg	mcg	mcg	mg	mg	mg	mcg
Phosphorus:	Magnesium:	Thiamin:	Copper:	Iodine:	Molybdenum:	Selenium:	Ash:	Moisture:	Vitamin A (RE):				
729.00	38.00	0.02	0.23	n/a	n/a	17.70	8.03	n/a	229.00				
mg	mg	mg	mg	mcg	mcg	mcg	grams	grams	RE				

<sup>1</sup>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.

Ingredient Nutritionals

Source: **USDA**    [Edit](#)    **Per 1 Liquid Oz serving**    **12**

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:			
2.86	0.26	1.71	0.19	0.11		0.58	10.16	0.03	0.00	0.01			
	grams		grams	grams	grams	mg	mg	grams	grams	grams			
Vitamin A:	Vitamin C:	Potassium:	Calcium:	Iron:	Vitamin D:	Vitamin E:	Zinc:	Vitamin K:	Vitamin B12:	Vitamin B6:	Niacin:	Riboflavin:	Folate:
5.75	0.00	0.83	7.37	0.01	0.14	0.00	0.03	0.01	0.02	0.00	0.00	0.00	0.00
IU	mg	mg	mg	mg	IU	mg	mg	mcg	mcg	mg	mg	mg	mcg
Phosphorus:	Magnesium:	Thiamin:	Copper:	Iodine:	Molybdenum:	Selenium:	Ash:	Moisture:	Vitamin A (RE):				
4.84	0.25	0.00	0.00	n/a	n/a	0.12	0.05	n/a	1.52				
mg	mg	mg	mg	mcg	mcg	mcg	grams	grams	RE				

<sup>1</sup>Calories from Fat = approximately 9 calories per gram of Fat.

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.

Ingredient UOM    **13**

	Slice:	EA/Portion:	Pound:	Ounce:	Gram:	Gallon:	Quart:	Pint:	Cup:	Liquid Oz:	Tablespoon:	Teaspoon:	Liter:
Units Per CS/LB:	0	0	5	80	2267.96	1.42	5.67	11.34	22.68	181.44	362.87	1088.62	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:	#30 Scoop:	#40 Scoop:	#50 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 Ladle:	Cup Weight:				
Units Per CS/LB:	181.44	90.72	60.48	45.36	36.29	30.24	22.68	15.12	100				
Cost Per Unit:*	\$0.19	\$0.38	\$0.56	\$0.75	\$0.94	\$1.13	\$1.50	\$2.25	Grams				

[Learn More >>](#)

## 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.

Sel	Seq	Replace	Product	SC	Ingredient Name	Type	Ingredient Instruction	QTY	UOM	Ingredient Cost
<input type="checkbox"/>	1	R	899807		BUTTER, SOLID GRD AA UNSLTD (899807)	US Foods	1	8	Pound	\$22.58
<input type="checkbox"/>	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		4	Ounce	\$0.70

2. Next, under the ingredient nutritional tab, we will click on the ‘Edit’ button next to the source window.

Calories	Protein	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	grams		grams	grams	grams					mg

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

Source: None

Serving Size: \* 0 --Select--

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:
n/a	n/a	n/a	n/a	n/a	n/a	n/a
	grams		grams	grams	grams	mg

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

- 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 not 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.

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

Nutrition Facts	
Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 201	Calories from Fat 200
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 14g	72%
Trans Fat	
Cholesterol 60mg	20%
Sodium 161mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 14%	Vitamin C 0%
Calcium 1%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- 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	Type	Ingredient Instruction	QTY	UOM	Ingredient Cost
<input type="checkbox"/>	1	R	899807		BUTTER, SOLID GRD AA UNSLTD (899807)	US Foods		8	Pound	\$22.58
<input type="checkbox"/>	2				WHL CLOVE PLD	US Foods		4	Ounce	\$0.70

Recipe Information		Ingredient Information																																		
Ingredient Detail	Ingredient UOM	Ingredient Nutritionals	Ingredient Allergens																																	
Source: USER Serving Size: 1 Ounce		<table border="1"> <thead> <tr> <th>Calories:</th> <th>Protein:</th> <th>Cal from Fat:</th> <th>Total Fat:</th> <th>Sat Fat:</th> <th>Trans Fat:</th> <th>Cholesterol:</th> <th>Sodium:</th> <th>Total Carb:</th> <th>Fiber:</th> <th>Sugars:</th> </tr> </thead> <tbody> <tr> <td>201.00</td> <td>0.00</td> <td>200.00</td> <td>23.00</td> <td>14.00</td> <td>0.00</td> <td>60.00</td> <td>161.00</td> <td>0.00</td> <td>0.00</td> <td>0.00</td> </tr> <tr> <td></td> <td>grams</td> <td></td> <td>grams</td> <td>grams</td> <td>grams</td> <td>mg</td> <td>mg</td> <td>grams</td> <td>grams</td> <td>grams</td> </tr> </tbody> </table>	Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:	201.00	0.00	200.00	23.00	14.00	0.00	60.00	161.00	0.00	0.00	0.00		grams		grams	grams	grams	mg	mg	grams	grams	grams	
Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:																										
201.00	0.00	200.00	23.00	14.00	0.00	60.00	161.00	0.00	0.00	0.00																										
	grams		grams	grams	grams	mg	mg	grams	grams	grams																										

- 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	Product	SC	Ingredient Name	Type	Ingredient Instruction	QTY	UOM
<input type="checkbox"/>	1	R	899807		BUTTER, SOLID GRD AA UNSLTD (899807)	US Foods		8	Pound ▼
<input type="checkbox"/>	2	R	9326570		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 ▼	Per 4 Ounce serving		8						
Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:
804.00	0.00 grams	800.00	92.00 grams	56.00 grams	0.00 grams	240.00 mg	644.00 mg	0.00 grams	0.00 grams	0.00 grams



**IMPORTANT**

## Calculating Nutritional Information for Recipes and Menu Items

### Creating Nutritional Data in Recipes

*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.*

<p><b>Step 1 - Recipe Information</b></p> <p>Recipe Name*: <input type="text" value="Marinara Sauce"/></p> <p>Recipe Yield Label: <input type="text" value="Large Batch"/></p> <p>Share Recipe: <input checked="" type="checkbox"/> Lock Recipe: <input type="checkbox"/></p> <p><a href="#">Learn More &gt;&gt;</a></p>	<p><b>Step 3 - Save Recipe &amp; Enter Ingredients</b></p> <p><input type="button" value="▶ Save Recipe"/></p> <p><a href="#">Learn More &gt;&gt;</a></p>
<p><b>Step 2 - Serving Size Information</b></p> <p>Servings Per Recipe*: <input type="text" value="128"/></p> <p>Serving Size Qty*: <input type="text" value="1"/> Serving Size UOM*: <input type="text" value="Liquid Oz"/></p> <p><a href="#">Learn More &gt;&gt;</a></p>	<p><b>Step 4 - Recipe Instructions</b></p> <p><a href="#">Learn More &gt;&gt;</a></p>

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.

The screenshot shows the 'Current Ingredients/Recipes' section with a red error message: "Nutritionals are not available for 1 ingredient(s)". A green arrow points to this message. Below the error message is a table of ingredients:

Sel	Seq	Replace	Product	SC	Product/Recipe Name	Type	Ingredient Instruction	QTY	UOM	Ingredient Cost	
<input type="checkbox"/>	1	R	3328168		SAUCE, SPAG TMT0 CAN SHLF (3328168)	US Foods		1	Gallon	\$6.02	X
<input type="checkbox"/>	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		2	Ounce	\$0.35	X
<input type="checkbox"/>	3	R	4350138		OIL, OLMV EX VRGN IMP ITALY (4350138)	US Foods		2	Tablespoon	\$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.

The screenshot shows the 'Recipe List' screen. A red box highlights the 'Recipe List' link. Another red box highlights the download icon (a document with a downward arrow) in the bottom right corner. A red circle highlights the 'Update Price' button, which has a '1' next to it, indicating a notification or action.

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

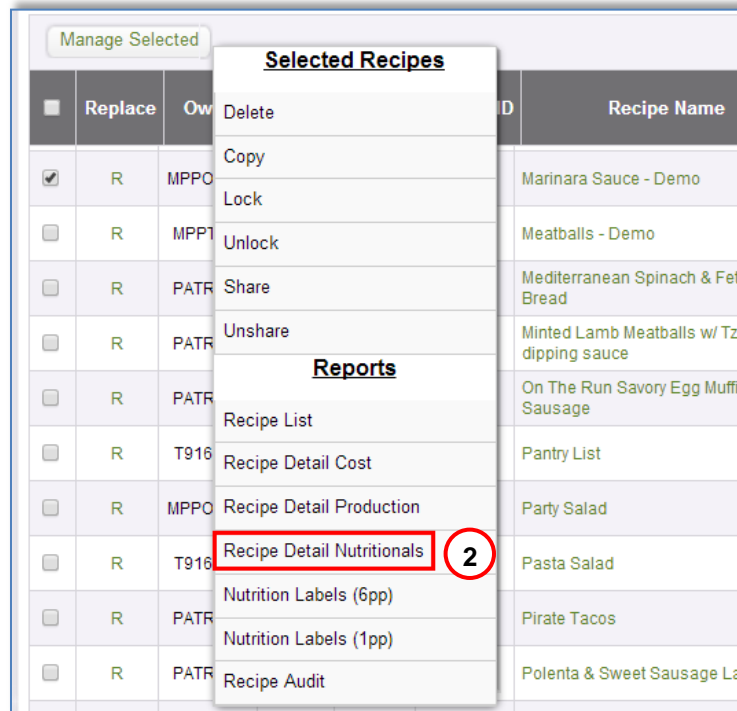
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
	Recipe ID	Recipe Name	Cost Per S	Batch Rec	Recipe Yr	Cost Per F	Owner	Shared	Locked	Serving SI	Serving S	Calories	Protein	Cal From	Total Fat	Sat Fat	Trans Fat	Chole
1	397165	Alfredo Sauce	\$0.10	N	1 gallon	\$13.03	N	Y	N	1	Liquid Oz	42.52	4.25	31.89	4.25	2.13	0	10
2	394146	Apple Tart	\$0.29	N	12	\$3.45	N	Y	N	1	EA/Portio	36.27	0	2.18	0.44	0	0	0
3	395332	Baby Kale Trio Salad with Spicy Shrimp	\$2.98	N		\$74.43	N	Y	N	8	Ounce	443.96	13.22	215.48	24.03	2.91	0.23	45
4	395333	Baby Kale Trio with Orzo and Olives	\$1.40	N		\$35.08	N	Y	N	6	Ounce	434.44	11.42	175.16	19	3.66	0.23	4
5	395330	BBQ Drenched Beef Brisket Slider	\$4.63	N		\$115.75	N	Y	N	3	Ounce	783.52	45.8	171.08	18.62	6.05	0	105
6	395348	Best Bloody Mary Ever	\$1.22	N		\$30.53	N	Y	N	7	Liquid Oz	72.71	1.16	0.36	0.04	0	0	0
7	395336	Black Bean Burger on Greek Yogurt Whe	\$2.86	N		\$71.43	N	Y	N	5.3	Ounce	599.83	19.56	228.65	27.93	4.59	0	25
8	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
9	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	0
10	395344	Built Tondi Lasagna Borehese	\$2.64	N		\$66.10	N	Y	N	10	Ounce	258.21	17.76	175.2	20.17	12.22	0	102

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

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



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



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

**Recipe Nutrition Report** 3

CHICAGO (2099)

**CUSTOMER:** TEST CUSTOMER MPP ONLINE (40683435)

**NAME:** Marinara Sauce - Demo

**RECIPE ID:** 225656

**SERVING SIZE:** 1 Liquid Oz

**YIELD LABEL:** 1 Gallon

**SERVINGS PER RECIPE:** 128

	Slice	Portion	Pound	Ounce	Gallon	Quart	Pint	Cup	Liquid Oz	Tablespoon	Teaspoon	Serving
<b>Units/Batch</b>	-	-	-	-	1.00	4.00	8.00	16.00	128.00	256.00	768.00	128.00
<b>Cost/Unit</b>	-	-	-	-	\$10.72	\$2.68	\$1.34	\$0.67	\$0.08	\$0.04	\$0.01	\$0.08

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	3328168		SAUCE, SPAG TMTO CAN SHLF	1.00	Gallon	US Foods		\$6.02
2	9326570		GARLIC, WHT WHL CLOVE PLD PLST	2.00	Ounce	US Foods		\$0.35
3	4350138		OIL, OLIV EX VRGN IMP ITALY	2.00	Tablespoon	US Foods		\$0.20
4	2132157		SEASONING, ITLN NO MSG PLST	1.00	Teaspoon	US Foods		\$0.05
5	300002		Fresh Thyme	0.50	Ounce	Non US Foods		\$0.62
6	1326404		BASIL, FRESH HERB	1.00	Ounce	US Foods		\$1.82
7	760850		SPICE, OREG LEAF DRIED PLST	1.00	Tablespoon	US Foods		\$0.37
8	15685		CHEESE, PARM GRTD BAG REF	3.00	Ounce	US Foods		\$1.28

**Recipe Instructions**

STEP	INSTRUCTIONS
Instructions:	<ol style="list-style-type: none"> <li>Heat oil in a large non-stick skillet over low heat and saute garlic for about 2 minutes; be careful not to burn. Just as the garlic begins to turn brown, remove pan from heat. Allow pan to cool</li> <li>Add tomato sauce and seasonings. Cook over medium-high heat and bring to a boil. Reduce heat to low and simmer, covered, about 20 minutes.</li> <li>Remove from heat and stir in basil.</li> </ol>

Customer Name: TEST CUSTOMER MPP ONLINE

Recipe Name: Marinara Sauce - Demo

Recipe Yield Label: 1 Gallon

Yield: 128

Servings Per Recipe: 128

Serving Size: 1 Liquid Oz

**Standard Nutritionals** All Nutritional information is based on a 1.0 Liquid Oz serving

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
225656	Recipe Total	25.24	1.13	3.64	0.4	0.14	0.0	0.58	132.47	3.67	0.79	1.72
3328168	SAUCE, SPAG TMTO CAN SHLF	19.56	0.73	0.0	0.0	0.0	0.0	0.0	122.27	3.42	0.73	1.71
9326570	GARLIC, WHT WHL CLOVE PLD PLST	0.55	0.11	0.0	0.0	0.0	0.0	0.0	0.0	0.11	0.0	0.0
4350138	OIL, OLIV EX VRGN IMP ITALY	1.86	0.0	1.86	0.21	0.03	-	0.0	0.0	0.0	0.0	0.0
2132157	SEASONING, ITLN NO MSG PLST	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
300002	Fresh Thyme	0.11	0.01	0.02	0.0	0.0	-	0.0	0.01	0.03	0.02	-
1326404	BASIL, FRESH HERB	0.05	0.01	0.01	0.0	0.0	-	0.0	0.01	0.01	0.0	0.0
760850	SPICE, OREG LEAF DRIED PLST	0.25	0.01	0.04	0.0	0.0	0.0	0.0	0.02	0.07	0.04	0.0
15685	CHEESE, PARM GRTD BAG REF	2.86	0.26	1.71	0.19	0.11	-	0.58	10.16	0.03	0.0	0.01

Customer Name: TEST CUSTOMER MPP ONLINE

Recipe Name: Marinara Sauce - Demo

Recipe Yield Label: 1 Gallon

Yield: 128

Servings Per Recipe: 128

Serving Size: 1 Liquid Oz

**Extended Nutritionals** All Nutritional information is based on a 1.0 Liquid Oz serving

Product #	Description	Vitamin A (IU)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin E (mg)	Zinc (mg)	Vitamin K (mcg)	Vitamin B12 (mcg)	Vitamin B6 (mcg)	Niacin (mg)	Riboflavin (mg)
225656	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
3328168	SAUCE, SPAG TMTO CAN SHLF	234.77	2.25	-	6.26	0.24	-	-	-	-	-	-	-	-
9326570	GARLIC, WHT WHL CLOVE PLD PLST	-	-	-	-	-	0.0	0.01	-	0.0	0.14	-	-	-
4350138	OIL, OLIV EX VRGN IMP ITALY	-	-	0.0	0.0	0.0	0.0	0.03	0.0	-	0.0	0.0	0.0	0.0
2132157	SEASONING, ITLN NO MSG PLST	-	-	-	-	-	-	-	-	-	-	-	-	-
300002	Fresh Thyme	5.26	0.18	0.67	0.45	0.02	0.0	-	0.0	-	0.0	0.0	0.0	0.0
1326404	BASIL, FRESH 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	SPICE, OREG LEAF DRIED PLST	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	CHEESE, PARM GRTD BAG 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



Recipe Detail Report with Nutritionals continued (from previous page)

Customer Name:	TEST CUSTOMER MPP ONLINE	Recipe Yield Label:	1 Gallon	Servings Per Recipe:	128	Serving Size:	1 Liquid Oz						
Recipe Name:	Marinara Sauce - Demo												
<b>Extended Nutritionals Continued</b> All Nutritional information is based on a 1.0 Liquid Oz serving													
Product #	Description	Phosphorus (mg)	Folacin (mcg)	Magnesium (mg)	Thiamin (mg)	Copper (mg)	Iodine (mcg)	Molybdenum (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 Name:	TEST CUSTOMER MPP ONLINE	Recipe Yield Label:	1 Gallon	Servings Per Recipe:	128	Serving Size:	1 Liquid Oz						
Recipe Name:	Marinara Sauce - Demo												
<b>Allergens</b>													
Allergen	Does Not Contain	Contains	May Contain	No Data									
Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Crustacean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Shellfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Tree Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Peanuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									
Soybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>									

**Creating Nutritional Data in Menu Items**

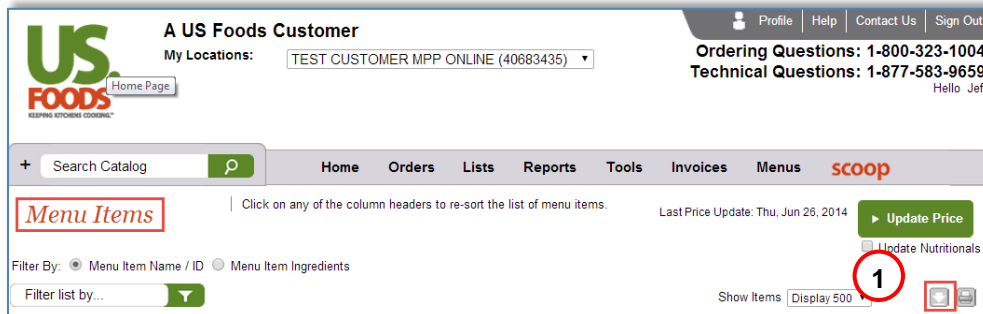
When entering Menu Items, there is no need to enter the number of servings or the serving size. All menu items are based on one finished product for service to a patron. Menu Items take nutritional data for all recipes and ingredients used to create one serving and total them. If a patron asked for nutritional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



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.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T
1	Menu Item	Menu Item	Menu Item	Menu Item	POS Num	Menu Item	Food Cost	Food Cost	Gross Pro	2	Shared	Locked	Calories	Protein	Cal From	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium
2	391662	Apple Tart	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 Tart	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 Tart	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 Tart	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 Cheeseburgers		Our Famo	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 Famous 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 nutritional. To do this, complete the following steps;

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

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

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

**Menu Item Nutrition Report \***

CHICAGO (2099)

3

**CUSTOMER:** TEST CUSTOMER MPP ONLINE (40683435)

**NAME:** Lasagna Dinner

**MENU ITEM ID:** 514718

**CATEGORY:** Dinner

**DESCRIPTION:**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	225655		Lasagna - Demo	1.00	EA/Portion	Recipe		\$2.53
2	100002		Cheese, Parmesan Reggiano	2.00	Ounce	Non US Foods		\$1.78

**Menu Item Instructions**

STEP	INSTRUCTIONS
Server Prep	Sprinkle plated lasagna with parmesan cheese.

Customer Name: TEST CUSTOMER MPP ONLINE      Menu Item Name: Lasagna Dinner      Serving Size: 1 ea/portion

**Standard Nutritionals**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
514718	Menu Item Total	1052.79	71.59	486.9	54.4	26.58	0.56	202.8	2110.29	63.69	6.68	15.86
225655	Lasagna - Demo	808.42	49.78	340.91	38.18	16.77	0.56	152.9	1243.36	61.39	6.68	15.35
100002	Cheese, Parmesan Reggiano	244.37	21.81	145.99	16.22	9.81	-	49.9	866.93	2.3	0.0	0.51

**Extended Nutritionals**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Vitamin A (IU)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin E (mg)	Zinc (mg)	Vitamin K (mcg)	Vitamin B12 (mcg)	Vitamin B6 (mcg)	Niacin (mg)	Riboflavin (mg)
514718	Menu Item Total	2148.50	15.81	596.74	761.06	4.7	34.57	1.4	10.64	12.26	4.75	3.39	7.53	0.69
225655	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
100002	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

**Extended Nutritionals Continued**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Phosphorus (mg)	Folacin (mcg)	Magnesium (mg)	Thiamin (mg)	Copper (mg)	Iodine (mcg)	Molybdenum (mg)	Selenium (mcg)	Ash (grams)	Moisture	Vitamin A (RE)	Source
514718	Menu Item Total	1129.41	20.19	77.11	0.1	0.24	0.0	0.0	31.49	9.32	0.0	145.46	USER
225655	Lasagna - Demo	716.07	20.19	55.56	0.09	0.11	0.0	0.0	21.45	4.77	0.0	15.62	USER
100002	Cheese, Parmesan Reggiano	413.34	0.0	21.55	0.01	0.13	0.0	0.0	10.04	4.55	0.0	129.84	USDA

Customer Name: TEST CUSTOMER MPP ONLINE      Menu Item Name: Lasagna Dinner      Serving Size: 1 ea/portion

**Allergens**

Allergen	Does Not Contain	Contains	May Contain	No Data
Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Crustacean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Shellfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tree Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Peanuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Soybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>



## 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.

**US Foods** Menu Item Nutrition Report \* CUSTOMER: TEST CUSTOMER MPP ONLINE (40683435)  
 CHICAGO (2099)

**NAME:** Cheesy Bread  
**MENU ITEM ID:** 391665  
**CATEGORY:** Appetizer  
**DESCRIPTION:**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	245748		Garlic Butter	4.00	Liquid Oz	Recipe		\$0.73
2	204320		Fresh Basil	1.00	Ounce	Non US Foods		\$0.62
3	2404473		CHEESE, AMER SHRD FTHR PROCD	1.00	Ounce	US Foods		\$0.18
4	7579378		BREAD, BAGET FRNCH WHT 21"	6.00	Ounce	US Foods		\$0.70

**Menu Item Instructions**

STEP	INSTRUCTIONS
prep	-Chop and slice fresh basil -Split baguette and separate -Brush garlic butter on bread -Sprinkle cheese evenly on bread -Place bread under salamander until cheese is melted CCP Instruction(s): HOLDING/SERVING: Critical Control Point: Serve at or above 135F.

Customer Name: TEST CUSTOMER MPP ONLINE      Menu Item Name: Cheesy Bread      Serving Size: 1 ea/portion

**Standard Nutritionals**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Calories	Protein (gm)	Cal from Fat	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber (gm)	Sugars (gm)
391665	Menu Item Total	1341.44	23.04	882.63	101.29	62.08	0.0	265.31	2143.61	93.77	3.49	3.13
245748	Garlic Butter	808.43	0.89	800.0	92.0	56.0	0.0	240.0	644.0	0.89	0.0	0.0
204320	Fresh Basil	6.52	0.89	1.63	0.18	0.01	-	0.0	1.13	0.75	0.45	0.09
2404473	CHEESE, AMER SHRD FTHR PROCD	101.25	6.07	81.0	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	1002.36	91.12	3.04	3.04

**Extended Nutritionals**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Vitamin A (IU)	Vitamin C (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Vitamin D (IU)	Vitamin E (mg)	Zinc (mg)	Vitamin K (mcg)	Vitamin B12 (mcg)	Vitamin B6 (mcg)	Niacin (mg)	Riboflavin (mg)
391665	Menu Item Total	1495.43	5.1	83.63	50.18	0.9	0.0	0.3	0.23	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	0.23	117.59	0.0	0.04	0.26	0.02
2404473	CHEESE, AMER SHRD FTHR PROCD	-	-	-	-	-	-	-	-	-	-	-	-	-
7579378	BREAD, BAGET FRNCH WHT 21"	-	-	-	-	-	-	-	-	-	-	-	-	-

**Extended Nutritionals Continued**      All Nutritional information is based on 1 serving of this menu item

Product #	Description	Phosphorus (mg)	Folacin (mcg)	Magnesium (mg)	Thiamin (mg)	Copper (mg)	Iodine (mcg)	Molybdenum (mg)	Selenium (mcg)	Ash (grams)	Moisture	Vitamin A (RE)	Source
391665	Menu Item Total	15.88	0.0	18.14	0.01	0.11	0.0	0.0	0.09	0.42	0.0	74.84	USER
245748	Garlic Butter	0.00	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	USER
204320	Fresh Basil	15.88	0.0	18.14	0.01	0.11	0.0	0.0	0.09	0.42	0.0	74.84	USDA
2404473	CHEESE, AMER SHRD FTHR PROCD	-	-	-	-	-	-	-	-	-	-	-	MFGR
7579378	BREAD, BAGET FRNCH WHT 21"	-	-	-	-	-	-	-	-	-	-	-	MFGR

Customer Name: TEST CUSTOMER MPP ONLINE      Menu Item Name: Cheesy Bread      Serving Size: 1 ea/portion

**Allergens**

Allergen	Does Not Contain	Contains	May Contain	No Data
Milk	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Crustacean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Shellfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tree Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Peanuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Wheat	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

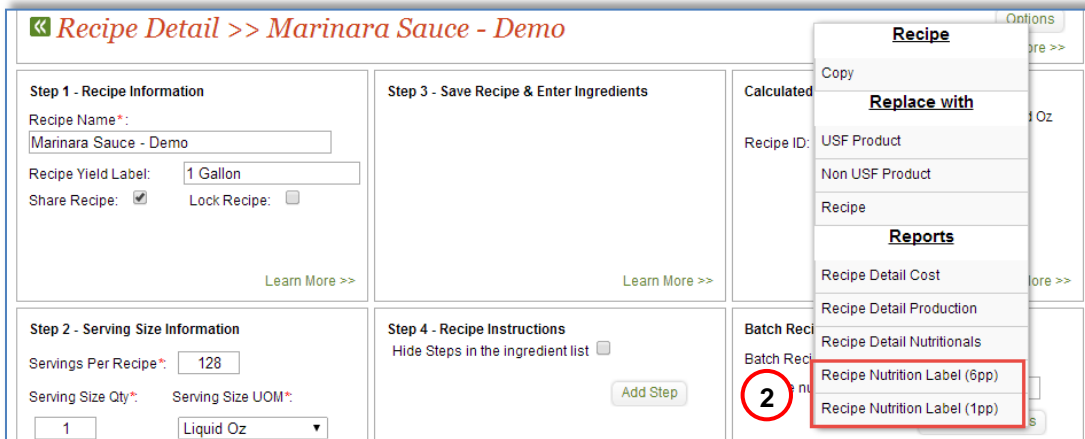
## Nutritional Labels

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.

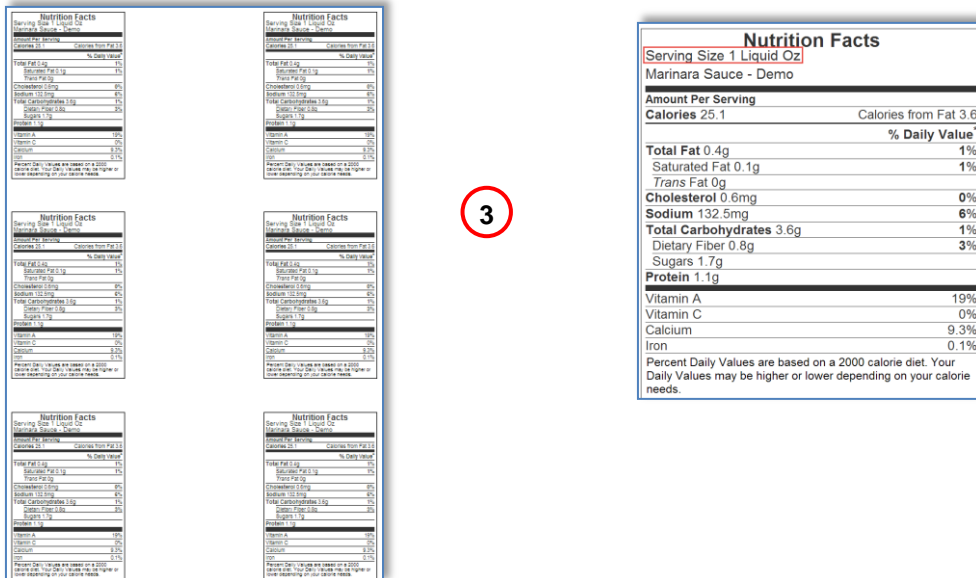
1. In the recipe or menu item detail, click the options button in the upper right corner of the screen.



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).



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

Nutrition Facts	
Serving Size g (128g)	
Servings Per Container 138	
Amount Per Serving	
Calories 80Calories from Fat 0	
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	1
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 3g	
Vitamin A	15%
Vitamin C	8%
Calcium	2%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Set	Seq	Replace	Product	SC	Product/Recipe Name	Type	Ingredient Instruction	QTY	UOM
Instructions:									
<input type="checkbox"/>	1	R	3328168		SAUCE, SPAG TMTD CAN SHLP (3328168)	US Foods		1	Gallon
<input type="checkbox"/>	2	R	9326570		GARLIC, WHT WHL CLOVE PLD PLST (9326570)	US Foods		2	Ounce
<input type="checkbox"/>	3	R	4350138		OL, OLV EX VRGN MP ITALY (4350138)	US Foods		2	Tablespo
<input type="checkbox"/>	4	R	2132157		SEASONING, ITLN NO MSG PLST (2132157)	US Foods		1	Teaspoon
<input type="checkbox"/>	5	R	1326404		BASIL, FRESH HERB (1326404)	US Foods		1	Ounce
<input type="checkbox"/>	6	R	760850		SPICE, OREG LEAF DRIED PLST (760850)	US Foods		1	Tablespo
<input type="checkbox"/>	7	R	15685		CHEESE, PARM GRTD BAG REF (15685)	US Foods		3	Ounce

Recipe Information		Ingredient Information	
Ingredient Description	Ingredient UOM	Ingredient Nutritionals	Ingredient Allergens
Source: Manufacturer	Per 1 Liquid Oz serving	2	
Calories:	Protein:	Cal from Fat:	Total Fat:
19.56	0.73	0.00	0.00
	grams		grams
Sat Fat:	Trans Fat:	Cholesterol:	Sodium:
0.00	0.00	0.00	122.28
grams	grams	mg	mg
Total Carb:	Fiber:	Sugars:	
3.42	0.73	1.71	
grams	grams	grams	

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/Recipe Name	Type	Ingredient Instruction	QTY	UOM	Ingredient Cost																																										
<b>Instructions:</b> <input type="checkbox"/> 1 R 3328168 SAUCE, SPAG TMTO CAN SHLF (3328168) US Foods 1 Gallon \$6.02 <input type="checkbox"/> 2 R 9326570 GARLIC, WHT WHL CLOVE PLD PLST (9326570) US Foods 2 Ounce \$0.35 <input type="checkbox"/> 3 R 4350138 OIL, OLV EX VRGN IMP ITALY (4350138) US Foods 2 Tablespoon \$0.20 <input type="checkbox"/> 4 R 2132157 SEASONING, ITLN NO MSG PLST (2132157) US Foods 1 Teaspoon \$0.05 <input type="checkbox"/> 5 R 1326404 BASIL, FRESH HERB (1326404) US Foods 1 Ounce \$1.82 <input type="checkbox"/> 6 R 760850 SPICE, OREG LEAF DRIED PLST (760850) US Foods 1 Tablespoon \$0.37 <input type="checkbox"/> 7 R 15685 CHEESE, PARM GRTD BAG REF (15685) US Foods 3 Ounce \$1.28																																																				
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<sup>1</sup>Calories from Fat = approximately 9 calories per gram of Fat.

When nutritional data is present for all ingredients, and there are no more missing data messages, we can view the total nutritional 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.

Calories:	Protein:	Cal from Fat:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carb:	Fiber:	Sugars:
25.24	1.13	3.64	0.40	0.14	0.00	0.58	132.47	3.67	0.79	1.72
	grams		grams	grams	grams	mg	mg	grams	grams	grams

Vitamin A:	Vitamin C:	Potassium:	Calcium:	Iron:	Vitamin D:	Vitamin E:	Zinc:	Vitamin K:	Vitamin B12:	Vitamin B6:	Niacin:	Riboflavin:	Folicin:
259.07	2.47	3.35	15.99	0.31	0.14	0.06	0.03	1.52	0.02	0.14	0.00	0.00	0.00
IU	mg	mg	mg	mg	IU	mg	mg	mcg	mcg	mg	mg	mg	mcg

Phosphorus:	Magnesium:	Thiamin:	Copper:	Iodine:	Molybdenum:	Selenium:	Ash:	Moisture:	Vitamin A (RE):
5.22	0.83	0.00	0.00	0.00	0.00	0.12	0.06	0.00	2.44
mg	mg	mg	mg	mcg	mg	mcg	grams	grams	RE

1 Calories from Fat = approximately 9 calories per gram of Fat.

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