

Due Oct 8th

Name: _____

10

Recipe Evaluation Assignment

1. What is your recipe?

Hot Crab meat Canape

2. How many servings does it make?

4

3. Enter your recipe into each of the following diet tracker websites:

myfitnesspal.com or supertracker.usda.gov

4. Print (or PDF) the analysis report for both sites (attach).

5. If you were to consume the entire recipe worth of food, how many calories would you consume?

myfitnesspal.com 1,696 supertracker.usda.gov 1,726

6. Which would you think is more accurate?

Supertracker

7. Describe any discrepancies among the two, if any:

Supertracker seemed to have more precise figures, and was easier to use. Also the protein content was more accurate than I thought.

8. What do you think is causing these differences?

Not sure exactly. Could be slightly different info of Crab I'm using.

9. Based on the guidelines and regulations in the book, what kinds of food claims can you make?

This food is a good source of omega-3 Fatty acids

10. List ingredients that can be modified or omitted, including amounts to change, in order to make this recipe healthier.

The mayo could be exchanged for Low-Fat or light.
The bread could be wheat instead of white.

11. If you were to package your food-item, complete a food label. Keep in mind that food labels represent one serving size. Also, remember to list the ingredients in order of highest content to lowest. (next page)

Name: _____

Nutrition Facts

Serving Size 4 cakes
 Servings per Container 16 Cakes

Amount per serving

Calories 431
 Calories from fat 162

		% Daily Value*	
Total Fat	<u>17</u> g	<u>26</u>	%
saturated fat	<u>13</u> g	<u>46</u>	%
Cholesterol	<u>90</u> mg	<u>30</u>	%
Sodium	<u>535</u> mg	<u>23</u>	%
Total Carbohydrate	<u>45</u> g	<u>31</u>	%
Dietary Fiber	<u>2</u> g	<u>10</u>	%
Sugars	<u>4</u> g	<u>no daily value</u>	
Protein	<u>26</u> g	<u>56</u>	

% Daily Values are based on a 2,000 calorie diet

Vitamin A 2 % Vitamin C 4 %
 Calcium 24 % Iron % 26

*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	85g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:
 Fat 9 • Carbohydrates 4 • Protein 4

The goal is to reach 100% of the Daily Value for vitamins and minerals