



Your Nutrition Resource Connection

How Do I Figure out the Nutrition Facts for My Recipe?

Nutrition Facts for Your Recipe:

- For each recipe submitted, the following nutrition information is required for one serving of the recipe: Servings Per Recipe, Serving Size, Calories in One Serving, Total Fat (grams), Saturated Fat (grams), Trans Fat (grams), Cholesterol (milligrams), Sodium (milligrams), Total Carbohydrates (grams), Dietary Fiber (grams), Added Sugars (grams), Protein (grams), Vitamin D (micrograms), Calcium (milligrams), Iron (milligrams), Potassium (milligrams).
- If your recipe does not include this nutrition information, follow these instructions:
 - Go to ChooseMyPlate's [My Recipe website](#).
 - Type in the ingredients to your recipe, and add all them to the "My Recipe Ingredients" section.
 - Once you've added all the ingredients for your recipe, divide it into the number of portions you would like to serve.
 - Type in the name of your recipe, and save it.
 - Export all the recipes details as a PDF, Excel Sheet or Word Document.
 - In this exported document, you will find all the nutrition facts listed above. Mark the required nutrition facts in your "Recipe Submission Sheet".