

How do I view the contribution of ingredients to a recipe nutrient?

General information

Having entered a recipe, you can view the contribution each of the ingredients make to a specific nutrient in a recipe using the ingredient nutrient contribution report.

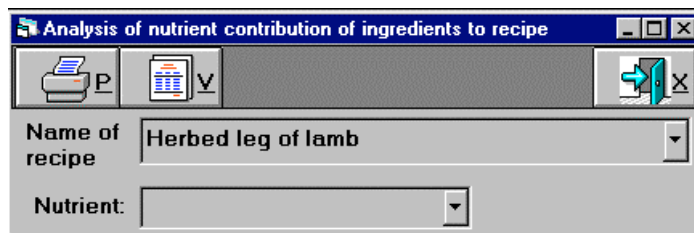
Procedure

From the main menu bar,





select **R**ecipe, then select **P**rint contribution of **I**ngredients to a nutrient.

The window as shown below will be displayed:

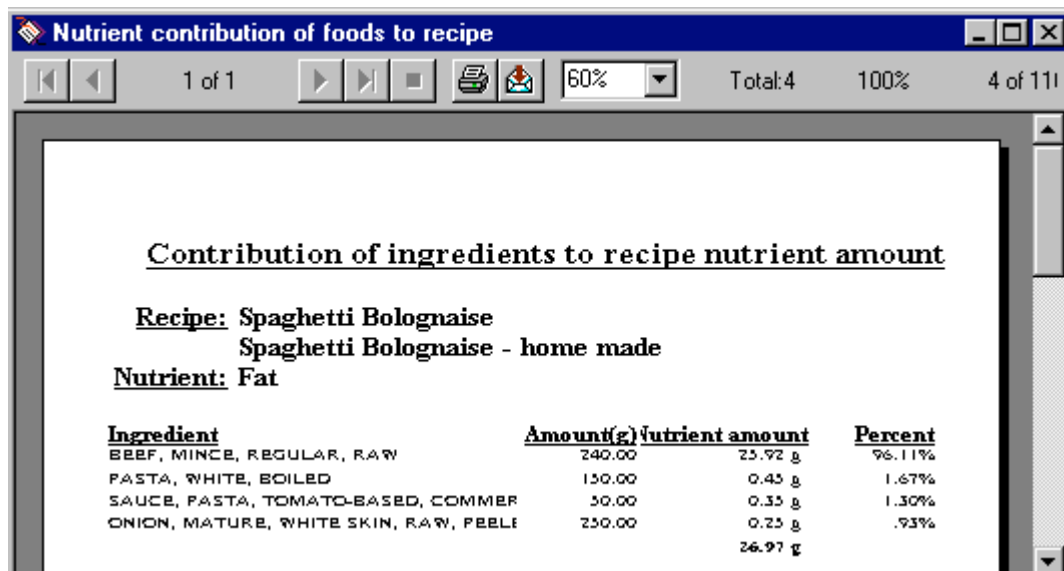


Select the name of the recipe you want to analyse from the drop down list.

Select the nutrient you are interested in from the drop down list of nutrients.

Click the  button to see a sample of the report, or the  button to send the report directly to your printer.

The report shows the contribution of the ingredients to the nutrient content of the recipe as an amount and a percentage of the total.



The report also shows a piechart of the percentage contribution of the top six nutrients.

You can print the report, or export the data to a spreadsheet or word processing program.