

Nutritional Information For Your Meal

Using the simplified recipe sheet and the nutrition tables given to you, work out how much calories, protein, carbohydrates, and fat are in your meal. You first need to work out how much of each ingredient each person needs. Use a calculator for this!

Starter

The recipe serves 8, so what do you need to divide by to find out how much for 1?

Ingredient	How much for one person?	Calories	Protein	Carbohydrate	Fat
Olive Oil					
Onion					
Carrot					
Celery					
Tomatoes					
Tomato Puree					
Vegetable Stock					
Single Cream					
Total					

Main Course

The recipe serves 4, so what do you need to divide by to find out how much for 1?

Ingredient	How much for one person?	Calories	Protein	Carbohydrates	Fat
Olive Oil					
Bacon					
Onions					
Beef					
Cans of tomatoes					
Mushrooms					
Spaghetti					

Total					

Dessert

The recipe serves 10, so what do you need to divide by to find out how much for 1?

Ingredient	How much for one person?	Calories	Protein	Carbohydrate	Fat
Cream cheese					
Eggs					
White Chocolate					
Crème Fraiche					
Chocolate Digestives					
Total					

Total for the Whole Meal

How many calories?

How much protein?

How much carbohydrate?

How much fat?