Nutrition Facts

Recipes · https://mountainstream.co/docs/nutrition-facts/

Streamline generates Nutrition Facts labels, from the nutritional values of the ingredients used in a recipe.

- You may add the values manually (from spec sheets or labels)
- In the US, you may search the USDA database directly from Streamline.
- In the UK, we connect to the official, McCance and Widdowson's database.
- In Australia and New Zealand we connect to The Australian Food Composition Database (AFCD)

[Nutrition facts label for Fudgy Brownies, showing values per 100g and per serving (1,400g), plus % daily intake. Lists ingredients and allergens; may contain nuts, peanuts, and sulphur dioxide/sulphites.]

There are two ways to set the serving size:

1. By specifying the serving size on top of the nutrition label and the equivalent of that serving size.

In this case, it is specify that each slice is equivalent to 166.6g

[A screenshot of a software interface for editing product details displays nutrition facts for Fudgy Brownies, a conversion calculator pop-up, and numbered labels highlighting serving size, UOM, save, and other key buttons.]

2. By setting the serving size blank, and specify the item pack size and the item weight.

[Screenshot showing a product setup form for Original Brownies GF on the left and a Nutrition facts label for Fudgy Brownies on the right. Both have the serving size of 66.6g circled in blue.]

In this case, the weight is set to 1,400g, pack size 1, and serving size is not specified, there fore, it uses the item weight as **default** serving size.

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