|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Amount** | **Sodium (mg)** | **Potassium (mg)** |
| Ex: *Broccoli* | *2 stalks* | *81.5mg* | *981.5mg* |
|  |  |  |  |
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|  |  |  |  |
|  |  |  |  |
| Column Totals: | NONE |  |  |
| Divide by number of servings | NONE |  |  |
| Total (per serving) | NONE |  |  |

**Directions:** Use the same Recipe Calculator link on my DP as you did for gathering all of your other nutritional information and fill in the Sodium and Potassium amounts for each ingredient in the table above.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Final Nutritional Calculation Results:

\*Use the data collected about the nutritional information for you recipe, and calculations completed to fill in the final nutritional information below. This will eventually be typed up and made into an index at the back of the cookbook.

Nutritional Information for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Fat: \_\_\_\_\_

Calories: \_\_\_\_\_

Sodium: \_\_\_\_\_

Potassium: \_\_\_\_\_

Vitamin \_\_\_: \_\_\_\_\_%

Vitamin \_\_\_: \_\_\_\_\_%

Vitamin \_\_\_: \_\_\_\_\_%

Vitamin \_\_\_: \_\_\_\_\_%

\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_%

\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_%

\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_%

\_\_\_\_\_\_\_\_\_\_\_\_\_: \_\_\_\_\_%