

## CHAPTER 3

### NUTRITION AND FOOD SAFETY

#### 3.1 NUTRITIONAL FACT OF THE FINISHED PRODUCT

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 (120g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>340</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 56g	<b>72%</b>
Saturated Fat 14g	<b>70%</b>
<i>Trans Fat</i> 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 183g	<b>67%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	<b>58%</b>
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Picture 11 Nutrition Facts Label

Table 1 Nutrition Fact

		Carbs	Protein	Fat	Fibre	Sugar	Saturated Fat
200 gr	Flour	148 g	24 g	2 g	0	0	0
25 gr	Konjac Powder	1 g	0,25 g	0	0	0	0
16 gr	Seaweed Stock	6,85 g	2,28 g	0	2,28 g	0	0
5 gr	Pepper	1,65 g	0,05 g	0,25 g	0,69 r	0	0,015 g
10 gr	Cornstarch	8,20 g	0,023 g	0,004 g	0,07 g	0	0

450 ml	Mineral Water	0	0	0	0	0	0
15 ml	Cooking Oil	0	0	15	0	0	13,8 g
50 gr	Button Mushroom	1,65 g	1,55 g	0,15 g	0	1	0,05 g
40 gr	King Oyster Mushroom	2 g	1,2 g	0,4 g	0	0	0
25 gr	Carrot	2 g	0,18 g	0,62 g	0	0,83 g	0,117 g
25 gr	Scallion	1,84 g	0,05 g	0,46 g	0,6 g	0,58	0
	TOTAL :	183,04 g	29,58 g	18,8 g	3,64g	2,41 g	14 g

### 3.2 TOTAL NUTRITIONAL VALUE PER SERVING SIZE

#### **Takoyaki**

$$\text{Carbs} = \frac{183,49}{3} = 61,16$$

$$\text{Protein} = \frac{29,58}{3} = 9,86$$

$$\text{Fat} = \frac{8,8}{3} = 2,93$$

$$\text{Fibre} = \frac{3,64}{3} = 1,21$$

$$\text{Sugar} = \frac{2,41}{3} = 0,80$$

$$\text{Saturated fat} = \frac{4,87}{3} = 1,59$$

### 3.3 CALORIES

$$\begin{aligned}\text{Protein} &= 9,86 \times 4 \\ &= 39,44 \\ \text{Fat} &= 2,93 \times 9 \\ &= 56,4 \\ \text{Carbs} &= 61,16 \times 4 \\ &= 244,64\end{aligned}$$

### TOTAL CALORIES

$$= 39,44 + 56,4 + 244,64 = 340,48$$

### 3.4 FOOD SAFETY

#### 3.4.1 Processing and storage temperature

This takoyaki is made with a good standard process, takoyaki cooked at 160 degrees celcius. The location we use is also clean and well maintained. Vegan takoyaki can be kept at room temperature but not for long and to make it last longer is to put it in the fridge at 4 degrees celcius.

#### 3.4.2 Product shelf life

Takoyaki can last 12 hours at room temperature, about 1 to 2 days stored in the chiller or 5 days in freezer.

#### 3.4.3 Product packaging

The packaging that will be used is a paper lunchbox because it has advantages including being eco friendly and microwave safe, so it is easy to heat Takoyaki.