

FRIED & MARINATED ITEMS

During your nutrition analysis project, menu items that are fried and/or marinated will be located. This is particularly important because when a menu item/ingredient is fried, oil absorption and moisture loss occurs, and when a menu item/ingredient has been marinated the actual uptake of the marinade will be less than the amount used in building the recipe. In order to obtain the most accurate nutritional results, restaurant operators will need to perform an additional calculation for these items.

NOTE: The range of oil absorption for menu items varies by 8% to 25% depending on the type of the product being fried and the frying conditions.

Restaurant operators can either send their menu items to a food lab, where the oil absorption and moisture loss (new weight of product) can be calculated, and then these results are entered into your MenuCalc recipes.

Or, by following the industry standard of:

1. Weigh the pre-fried ingredient first
 2. The amount of oil that it will be fried in
 3. Fry the item
 4. Weigh the now fried ingredient
 5. Drain off and weigh the remaining oil
- The new fried item's weight is the weight entered.
 - The absent oil is the amount that has been absorbed and is the amount entered into your recipe.

Most food labs will send the amount absorbed, and the new weight of item, but in some cases, a food lab will provide the before and after results. FoodCalc processes oil absorption from frying when provided with "before and after" lab analysis this way:

- Product before frying has an amount of fat. Lab analysis provides total fat as percent of product.
- Product after frying has additional fat – lab analysis provides new total fat percent after frying.
- FoodCalc will:
 - a) Determine the additional fat percent by subtraction of (1) from (2)
 - b) Apply the additional fat percent to the product weight to determine grams of absorbed fat
 - c) Regard oil as 100% fat and enter same weight of oil as an added ingredient, in order to obtain other nutritional values
- In summary, FoodCalc will first enter the product in its before-frying state, followed by additional entry for the weight of absorbed oil as determined above.

All calculations are subject to client's approval before being entered into MenuCalc.

