



# Recipe Analysis & Foodservice Consulting Services

Ochsner’s Recipe Analysis Services provide comprehensive assessment of nutrition facts and allergens for the culinary and food manufacturing industries.

We evaluate recipes using FDA-compliant nutrition analysis software and a team of experienced registered dietitians. Pricing starts at \$25 per recipe.

## SERVICES INCLUDE

### Recipe Analysis Covering

- Restaurant Menus
- Cookbooks
- New Product Development
- Food manufacturers

### Allergen and Nutrient Claim Analysis

- Identify allergens including gluten, soy, eggs, nuts, shellfish and more
- Identify vegan, vegetarian, dairy-free, gluten-free menu items
- Identify and substantiate claims such as low in sugar, reduced fat, good source/ excellent source of fiber

### Nutrition Facts Labels

- Develop nutrition facts labels for product labels, menus, cookbooks and more

Nutrition Facts Per Serving (84 g)		Allergy Information
Calories 380	Calories from Fat 200	Contains: Milk, Egg, Soy, Wheat
	% Daily Value*	
<b>Total Fat 23g</b>	<b>35%</b>	
Saturated Fat 7g	35%	
Trans Fat 0g		
Cholesterol 70mg	23%	Sodium - 600mg or less
Sodium 170mg	7%	
<b>Total Carbohydrate 41g</b>	<b>14%</b>	
Dietary Fiber 2g	8%	
Sugars 28g		
<b>Protein 4g</b>		
Vitamin A 4% • Vitamin C 0% • Calcium 4% • Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet.		
**Each caffeine value is an approximate value.		

## HOW TO GET STARTED

Email or Call  
Molly Kimball, RD, CSSD  
504-842-9572  
MKimball@ochsner.org

You will have peace of mind knowing you are receiving credible, professional nutritional information with guaranteed accuracy. We comply with the most current FDA regulations and manage the entire process from start to finish.

We will determine the project's scope and costs. You are guaranteed an individualized and confidential plan. Payments can be made in installments. We want to make this process as easy as possible.

"Molly and her team simply over-exceed our expectations with their timely and precise services, needless to say their professional attitude!"

– Brent Jouandot, SWEGS Kitchen

"I would highly recommend Molly Kimball; her professional team has become a valuable asset to our organization."

– Reid Nolte, Director of Marketing & Brand Strategy, PJ's Coffee of New Orleans



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