

CASSEROLE / ONE-POT DISH — PER-GRAM NUTRITION TEMPLATE

1. Total Weights (for calculation)

Final cooked weight of main dish (without rice/pasta): _____ g

Cooked pasta/rice weight (if applicable): _____ g

Combined total dish weight: _____ g

(If dish contains no pasta/rice, leave first line only.)

2. Per-Gram Nutrition (calculated per 1 g)

Use your nutritional analysis values:

Per 1 g:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sugars: _____ g |

Fiber: _____ g | Sodium: _____ mg

(Round as needed — usually 2 decimals is enough.)

3. Portion Guide (ready-to-use quick reference)

Multiply your per-gram values by the portion size.

Portion Calculator

200 g portion:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sodium: _____ mg

250 g portion:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sodium: _____ mg

300 g portion:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sodium: _____ mg

350 g portion:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sodium: _____ mg

400 g portion:

Kcal: _____ | Protein: _____ g | Fat: _____ g | Carbs: _____ g | Sodium: _____ mg

4. Notes

- This method works best for: Bakes, casseroles, curries, stews, pasta dishes, lasagna, enchiladas, skillet meals.
- Always weigh the **entire cooked batch** *before* serving to get the per-gram value.
- If moisture evaporates significantly during cooking, weigh the final dish only after resting for 5 minutes.