



Carb Counts - Raw vs Cooked



Aspens are committed to ensuring complete nutritional transparency of all recipes on our menus. We take specific care to ensure this service meets the needs of diabetic children. We use live supplier data to conduct nutritional analysis which is verified by our company nutritionist prior to menu launch.

As recipes are developed using raw weights, therefore recipe carbohydrate counts extracted from our recipe development system also have to be calculated using raw weights. See example below using our Baked Paprika Wedges.

Per serving

Food / Qty	Qty (raw)	Carbohydrate (raw)
Potatoes : White	120g	21.5g
Paprika	1g	0.3g
Total	121g	21.8g

During cooking, the weight and portion size of the paprika wedges will change due to water evaporation. As this would vary across schools, it becomes difficult to provide carb counts for cooked weights. We would also have to substitute the live supplier nutrition data for generic guidelines on cooked weights. Therefore, it is safer and more accurate for our teams to weigh the raw weight and cook this separately.

For any queries, please contact your food team.