

I.E.S. Al-Ándalus	Healthy Diet and Sport
Second Term	Macronutrients information and Statistics Diagrams

Once we have chosen the recipe, we need to calculate the calorie intake it has per serving and the proportion of macronutrients in it.

We will use the app **Contador de Calorias FatSecret** but others could be used to obtain same results. We will plot the information using the website <https://www.generadordegraficos.com/>.

Steps

1. Download the app ”**Contador de Calorias FatSecret**” in your mobile phone or use the link <https://www.fatsecret.es/Default.aspx?pa=m> for computer or tablet.
2. You have to register in order to continue. To do so, you could use your Google or Facebook account if desired.
3. There is no direct link to create a recipe from the mobile app. However, you can still do it following the route: *Diario* ⇒ *Lunch* ⇒ *Libro de cocina* ⇒ *Nueva Receta*. **Note:** in a website version, you must follow this route: *Mi FatSecret* ⇒ *Mi libro de cocina* ⇒ *Mis propias recetas* ⇒ *Enviar una receta*.

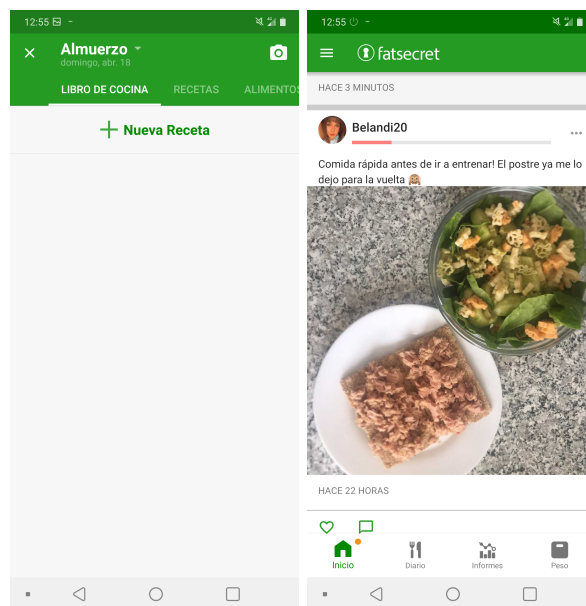


Figure 1: **FatSecret** menu.

4. A new menu will be displayed with several options:

- **Name:** of the recipe.
- **Description:** useful information about it.
- **Portions:** number of dinner guest.
- **Preparation time:** time needed to get ready all the ingredients.
- **Cooking time:** proper time of cooking required.
- **Category:** breakfast, lunch, dinner, ...
- **Ingredients:** needed for the recipe.
- **Instructions:** needed for the recipe.
- **Photos:** Of the process and final result.

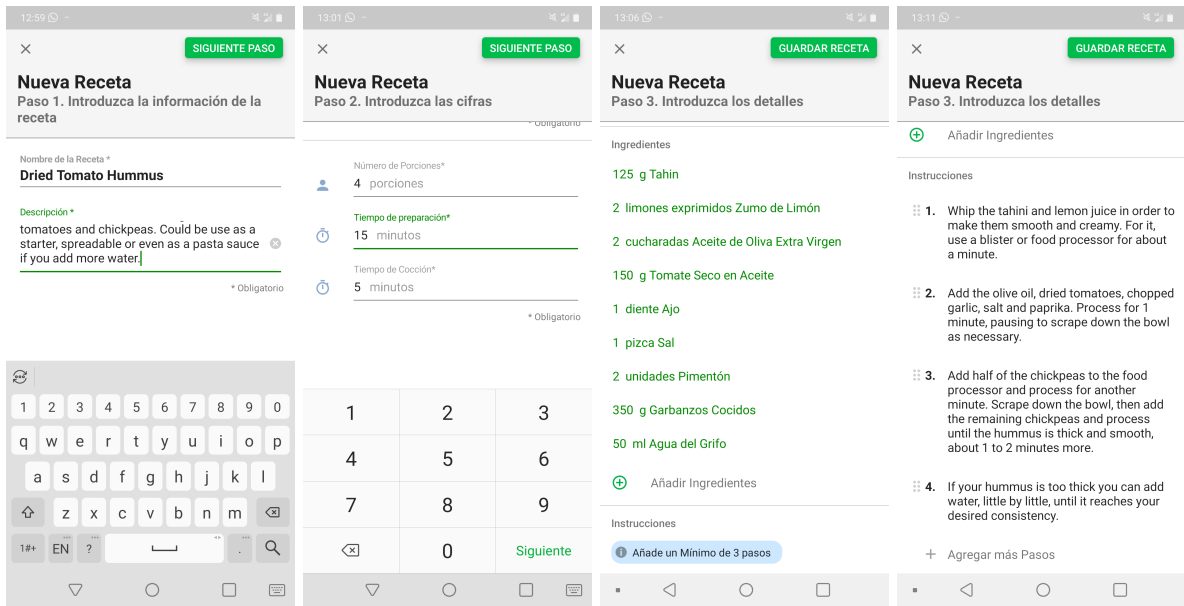


Figure 2: Recipe menu.

- Once you have completed all the information and saved the recipe, you should be able to check the steps and ingredients to cook it as well as all the nutritional information related as it is shown in the images below.

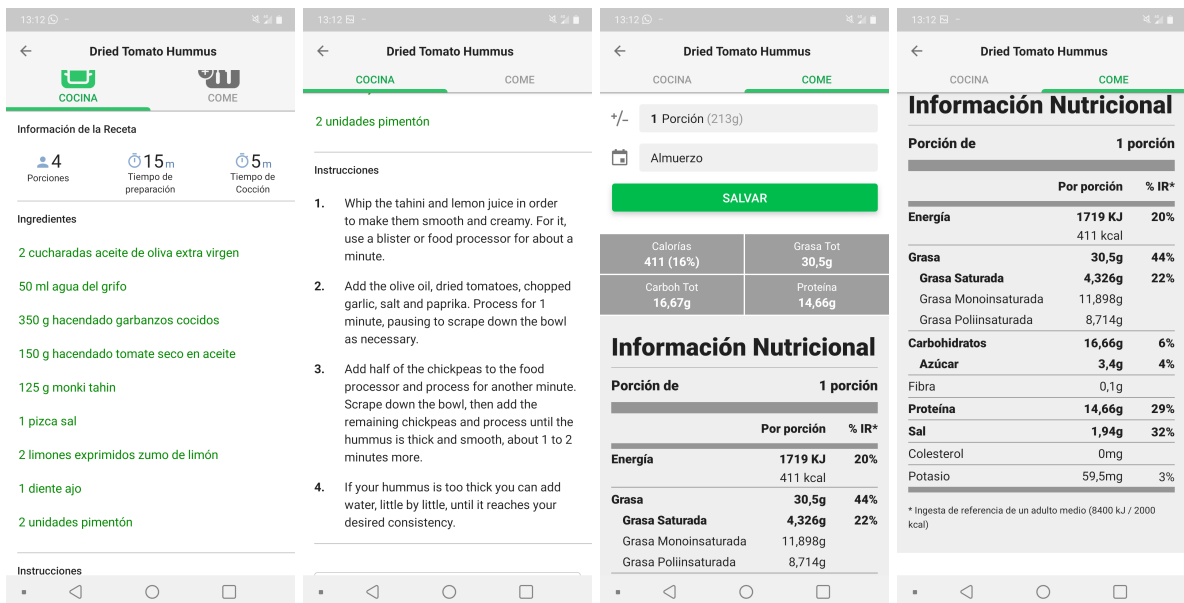


Figure 3: Results.

- Write down all the macronutrients information, the grams per serving, and go to <https://www.generadordegraficos.com/>.
- You can select among several options: bar graphs, histogram, spider diagram ... In this worksheet, we will show you the bar graphs, but it is easy to follow the application to the rest of them.
- A new menu will be displayed. We will choose **default** in all the settings but we encourage to modify and explore the possibilities.

10. Fulfil the second menu. Select:

- **Name:** of the bar graphs. bohidrates and fats.
- **Items:** categories to consider: proteins, car- - **Group 1:** values of each category.

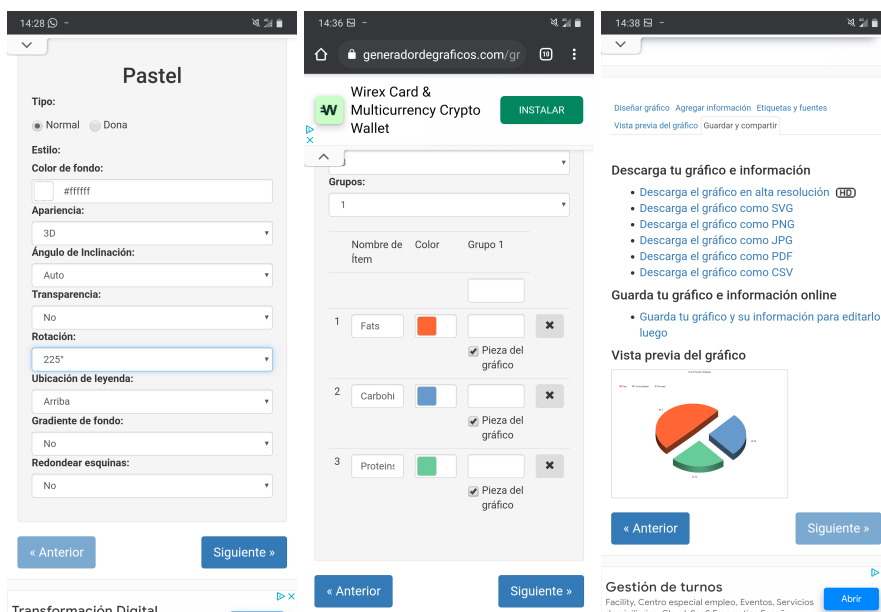


Figure 4: Bar graphs menu.

11. If you continue, you will see a preview of the graph, being able to modify still the settings. After clicking in **Next** you will be able to download the graph in the desired format.

Time to practise

Follow the previous steps in order to:

- I/ Upload in **FatSecret** the recipe of **Bacon-and-Leek Quiche** (see below).
- II/ Create a bar graph in JPG with the macronutrients of the recipe.

Work on your homework project

- I/ Register your recipe in **FatSecret** and get all the nutrients information per serving.
- II/ Create a bar graph in JPG with the macronutrients in order to add it to your worksheet of the recipe.

Bacon-and-Leek Quiche

★★★★★

To celebrate the film *Julie & Julia*, starring Amy Adams as blogger Julie Powell and Meryl Streep as Julia Child, throw a cooking party featuring one of the amazing matriarch's favorite foods: quiche. **Recipes from the French Masters**

Active: 45 mins**Total:** 2 hrs 30 mins**Yield:** Makes Two 10-inch Tarts**Ingredients****Crust**

2 ½ cups all-purpose flour,
plus more for dusting

½ teaspoon salt

1 ½ cold unsalted butter
(cubed)

1 large egg yolk

¼ cup plus 3 tablespoons ice
water

Filling

1 pound thickly sliced bacon
(cut into ½-inch dice)

3 large leeks, white and
tender green parts only
(thinly sliced)

1 teaspoon chopped thyme
leaves

Salt and freshly ground white
pepper

8 ounces cave-aged Gruyère
cheese (shredded)

4 large eggs

2 large egg yolks

2 ½ cups heavy cream (or
half-and-half)

Directions**Step 1**

In a food processor, pulse the 2 ½ cups of flour with the salt. Add the butter and pulse until it is the size of small peas. Add the egg yolk and ice water and pulse until the pastry is moistened. Turn the pastry out onto a floured work surface and knead 2 or 3 times, just until smooth. Pat the pastry into 2 disks, wrap in plastic and refrigerate until firm, about 20 minutes.

Step 2

Preheat the oven to 375°. On a floured surface, roll 1 disk of the pastry to a 12-inch round. Ease the pastry into a 10-inch fluted tart pan with a removable bottom without stretching. Trim the excess and use it to patch any holes. Refrigerate the tart shell for 10 minutes. Repeat with the remaining pastry.

Step 3

Line the tart shells with foil and fill with pie weights or dried beans. Bake the tart shells for 30 minutes, just until dry. Remove the foil and pie weights and bake the crusts for about 15 minutes longer, until they are dry and golden. Transfer the tart pans to 2 sturdy baking sheets.

Step 4

In a large skillet, cook the bacon over moderately high heat, stirring, until browned and crisp, about 7 minutes. Drain the bacon, leaving 1 tablespoon of the fat in the pan. Add the leeks and thyme to the skillet, season with salt and white pepper and cook over moderate heat, stirring occasionally, until the leeks are softened but not browned, about 5 minutes. Transfer to a bowl and let cool. Stir in the bacon and cheese.

Step 5

Divide the bacon-and-leek filling between the tart shells. In a bowl, whisk the eggs with the egg yolks and heavy cream. Season lightly with salt and white pepper. Pour the custard into the tart shells and bake for about 30 minutes, rotating the sheet halfway through for even baking, until puffed and lightly browned. Transfer the quiches to a rack and let cool for 15 minutes. Remove the rings, cut the quiches into wedges and serve.

Make Ahead

The quiches can be covered and refrigerated overnight. Reheat the quiches gently before serving.

Suggested Pairing

Winemakers in Bordeaux often blend Sémillon and Sauvignon Blanc to produce lightly honeyed, citrusy whites that go very well with rich quiches like the bacon-and-leek one here.

Figure 5: Bacon-and-Leek Quiche