1. Yield, Serving Size and Amounts. Prefer ounces, pounds or grams.
2. Note any marinade not used, include straining, baking, with skin or without; be as descriptive as possible. Remember recipes are written based on what we purchase, not what we consume. In order to provide nutrition analysis, I enter what is supposed to be consumed. If you are frying French fries, the potatoes will only absorb a small amount of the total oil; estimate the amount of oil absorbed.