Q1: If you want to add an ingredient type you need to change all of the sub factories. You can simply create a module that injects the necessary information.

Q2: If you add an ingredient size you need to change the if chain, this code is almost entirely duplicated in structure by another factory which creates a parallel structure! You can remove this by only creating once instance of the logic and then doing it in general for all types of things that extend ingredients, is some sort of module configuration. Then you just simply create many injector handlers.