

Based on pdf from Appendix A pg A-7 in Food Buying Guide

(Component Calculations)

[Online FBG Calculator for Child Nutrition Programs](#)

Recipe Name Chile Verde

Portions per Recipe

20

0 Date calculated 01/20/2018

Ingredients (1)	Recipe Quantity	Notes	Quantity of Ingredient As Purchased (# of purchase units) (2)	Purchase Units (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/Meat Alt (ounces) (5)=(2)*(4)	Fruits (1/4 cup) (6)=(2)* (4)	Vegetables (1/4 cup) (7)=(2)* (4)	Grains (1 oz equiv) (8)= (2)*(4)	Milk (8 oz equiv) (9)= (2)*(4)
Pork, Sous Vide	4 lb			4 lb	9.3	37.0				
						0.0				
tomatillo	15 each	1=34 gm = 1.2 oz		1.12 lb	12.0			13.4		
onion	1 large	large = 150 gm = 5.3 oz		0.3 lb	14.0			4.2		
pepper, jalapeno	15 each	2 peppers=1/4 cup		15 each	0.5			7.5		
								0.0		

28.3 gm = 1 oz

Grains = flour equivalent is 16 gm/ 1 oz

Eggs=1 lg egg = 2 oz meat equivalents

1 7/8 cup = 9 large eggs/18 oz equ

1 lb = 18 oz equ or 18 1/2 of large eggs

Total	37.0	0.0	25.1	0.0	0.0
portions per recipe	20	20	20	20	20

Each Portion Contributes

es	1.85
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1.85

5	0.00
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0	1.26
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26	0.00
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00	0.00
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Claiming

1.75

5	0
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0	1
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1

0