

Recipe Analysis Worksheet

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 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	4 lb	9.3	37.0	0.0			
tomatillo	15 each	1=34 gm = 1.2 oz	1.12 lb	1.12 lb	12.0			13.4		
onion	1 large	large = 150 gm = 5.3 oz	0.3 lb	0.3 lb	14.0			4.2		
pepper, jalapeno	15 each	2 peppers=1/4 cup	15 each	15 each	0.5			7.5		
	28.3 gm = 1 oz							0.0		
Total						37.0	0.0	25.1	0.0	0.0
portions per recipe						20	20	20	20	20

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

Each Portion Contributes	1.85 oz M/MA	0.00 1/4 cup	1.26 1/4 cup	0.00 1 oz grain eq	0.00 8 oz eq
Claiming	1.75	0	1		0