

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 Moroccan Beef Stew

Portions per Recipe

22

Date calculated

6/19/2017

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)	(starchy sub calculation)	Grains (1 oz equiv) (8)=(2)*(4)	Milk (8 oz equiv) (9)=(2)*(4)
Beef, sous vide JTM CP5887	1 bag (5#)	24.46 2 m/ma svg/bag		1 bag	48.9	48.9					
onion, raw	1 pint, chopped			2 cups	4.0			8.0			
carrots	1 pint, diced			2 cups	4.0			8.0			
tomatoes, canned diced	2 cup			2 cups	4.0			8.0			
potatoes, red raw	3 lb	*per USDA FBG		3 lb	9.9			29.6	29.6		
raisins	1 1/2 cup	*per USDA FBG 1/4 cup credits as 1/2 cup		1.5 cups	8.0		12.0				
Total						48.9	12.0	53.6	29.6	0.0	0.0
portions per recipe						22	22	22	22	22	22

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

Milk=1 cup dry powder = 5 cups reconstituted

"CN Crediting: Reconstituted nonfat dry milk may not be used to meet the fluid milk requirement for Child Nutrition Programs."

Each Portion Contributes	2.22	0.55	2.44	1.35	0.00	0.00
	oz M/M	1/4 cup	1/4 cup total	1/4 cup starchy	1 oz grain eq	8 oz eq
Claiming	2	0.125	2	1	0	0