

**RECIPE ANALYSIS
PRACTICE WORKSHEET ANSWER**

Recipe Name: Spaghetti and Meat Sauce
(Modified USDA Recipe #D-35)

Portions per Recipe: 100

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit <i>Food Buying Guide</i> (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA Ground Beef (no more that 20% fat)	14.37 lb	Pound	11.8 (for 1 oz serving)	169.56		
Cheddar Cheese, * Shredded	2 lb	Pound	16.0 (for 1 oz serving)	32.00		
* The addition of cheese and reduction of ground beef and fat content are modifications to the original USDA recipe #D-35.						
F/V Onions, fresh, AP (to provide 6 lb chopped)	6.88 lb (6 lb 14 oz)	Pound	7.90 (for 1/4c svg)		54.35	
Tomato Paste	3.50 lb (3 lb 8 oz)	Pound	27.6 (for 1 tbsp = 1/4 c)		96.60	
Tomatoes, canned, diced, with liquid	8.50 lb	Pound	7.71 (for 1/4 c svg)		65.53	
G/B Spaghetti, regular, dry, broken (1/2 cup cooked pasta = 1 grains/bread serving)	9.50 lb (9 lb 8 oz)	Pound	10.6 (for 1/2 c svg)			100.70
(page numbers refer to 2001 <i>Food Buying Guide</i>) NOTES: <ul style="list-style-type: none"> • Oz to lb conversion chart is on page I-36 <i>FBG</i>. • Remember to convert ready-to-use products to their "as purchased" amount. • The values for Col. 5, 6,&7 are found by multiplying the value of Col. 2 by the value in Col. 4. • Remember to divide the total ¼ servings of F/V by 4 to get the cups of that component. • Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. • Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving. 	Totals			201.56	216.48 (1/4 c)	100.70
	Portions per recipe			100	100	100
	Calculations			total divided by number of portions	total divided by 4 (to get units in cups), then divided by number of portions	total divided by number of portions
			201.56 ÷ 100 = 2.01	216.48 ÷ 4 = 54.12 cups	100.70 ÷ 100 = 1.00 serving	
			rounds down to 2.00 oz	54.12 ÷ 100 = 0.54 cup rounds down to 0.50 (1/2) cup	(for pasta 1 G/B = 1/2 cup)	
This recipe provides <u>100</u> portions.		Each Portion Contributes		2.00 oz meat/meat alternate	1/2 cup(s) fruit/vegetables	1 serving grains/breads