

B

Using Column 6 for Recipe Analysis

Determining the number of servings, for crediting purposes, obtained from a particular food using Column 6, "Additional Yield Information."



Recipe Analysis for Apple Crisp

A recipe for 100 servings of apple crisp **calls for 12.5 pounds of fresh, sliced, cored, peeled apples**. *You want to know the number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from one portion of the apple crisp.*

STEP 1: Calculate the number of pounds of apples as purchased (whole) you will need to obtain 12.5 pounds raw, sliced, pared ready-to-cook apples:

For Apples, fresh, 125 count (AP) served as raw, pared fruit (see page 2-7), Column 6 reads:

1 lb AP = 0.78 lb ready-to-cook or -serve raw, cored, peeled

You calculate as follows:

12.5 lb *divided by* 0.78 lb = 16.02 lb (do not round up)

STEP 2: Multiply this calculated quantity by servings per purchase unit (from Column 3) for the form of the food as served (from Column 4).

Since you are serving the apples cooked, you look in Column 4 for this form of the food. The appropriate line in Column 4 reads:

1/4 cup cooked, pared, unsweetened fruit

You look in Column 3 to find the appropriate number of servings per purchase unit.

Column 3 reads: 6.80

Multiply the number of servings per purchase unit by the number of pounds calculated in STEP 1:

$$6.80 \text{ multiplied by } 16.02 = 108.93$$

This tells you the total number of 1/4 cup servings of fruit (for crediting purposes) you will obtain from all of the apples used in the recipe.

STEP 3: Divide the total number of 1/4 cup servings obtained in STEP 2 by the number of portions the recipe yields and round down to get the creditable vegetable/fruit servings in one portion.

$$108.93 \text{ divided by } 100 = 1.08$$

rounded down to 1.0 (one)-1/4 cup serving of the vegetable/fruit component per portion.

Note: at STEP 3, the answer will be in units of 1/4 cup. Therefore, an answer of:

- 2.00 = 1/2 cup*
- 1.50 = 3/8 cup*
- 1.00 = 1/4 cup*
- 0.50 = 1/8 cup*

ANSWER: *For crediting purposes, each portion of apple crisp will provide a 1/4 cup serving of the vegetable/fruit component for the meal pattern requirements.*

*Note: Always **round down** after determining the **creditable amount** of a meal pattern component. This is to ensure that each portion served will provide the minimum contribution towards meal pattern requirements. When rounding down, sometimes there may be a little bit more credit than what is claimed. It is necessary to round down so that there will never be less credit than what is claimed. (Keep in mind, when calculating how much food to purchase you would not round down, but would round up.)*