

Student Name: Amanda Falk						Date: 10/20/15		
Recipe Name: Cilantro Lime Chicken, Tropical Fruit Salsa & Cilantro						Total Recipe Cost: \$505.5		
Target Yield: 150						Cost Per Serving: \$3.37		
Ingredient	A. Quantity	B. Conversion Factor Mass/ Volume	C. Ax B	D. AP Factor	E. Purchase Amount Needed C/D (if D is other than 1)	F. Purchase Price Per unit	G. Amount in Case	H. Price Per lb.
boneless, skinless chicken breasts	75 lbs	weight taken	75 lbs	1	75 lbs	\$30.98/cs	9 lbs	\$3.44/lb
olive oil	6 cups	1 cup = 0.06 gal	0.40 gal	1	0.40 gal	\$17.63/gal	1 gal	\$17.63/gal
garlic cloves, minced	20 cloves	weight taken	20 cloves	1	2 oz	\$18.54/gal	1 gal	\$18.54/gal
cilantro, fresh	8 cups	weight taken	8 cups	1	64 oz	\$19.42/cs	4 lbs	\$4.86
fresh lime juice	11 cups	weight taken	11 cups	1	88 oz	\$44.79/cs	4 gal	\$11.19/gal
red chili flakes	6 tbsp	1 tbsp = 0.5 oz	3 oz	1	3 oz	53.94/cs	5 lb	\$10.79
salt	3 tbsp	1 tbsp = 0.5 oz	1.5 oz	1	1.5 oz	\$23.63/cs	36 lbs	\$0.66
tropical fruit mix	12 cups	1 cup = 8 oz	96 oz	1	96 oz	\$31.21/cs	40 lbs	\$0.78
red bell pepper, diced	2 cups	1 cup = 8 oz	16 oz	1	1 lb	\$24.55/cs	5 lbs	\$4.91
green bell pepper, diced	2 cups	1 cup = 8 oz	16 oz	1	1 lb	\$16.55/cs	5 lbs	\$3.31
avocado	10 cups	cup = 8 oz = 0.5	5 lb	1	5 lbs	\$43.56/cs	4.5 lbs	\$9.68
red onion, diced	6 cups	1 cup = 8 oz	48 oz	1.11	43 oz	\$18.30/cs	25 lbs	\$0.73
whole limes	20 each	weight taken	20 each	1	20 each	\$10.30/cs	10 lbs	\$1.03
quinoa	40 cups	1 cup = 8 oz	320 oz	1	20 lb	\$47.05/cs	140 oz	\$5.37

Subtot:

Hidden Cost ( x.08

Total Cos

<b>I. Price Per oz.</b>	<b>J. Price per amount needed E x H or E x I for oz's</b>
\$0.22	\$258.00
\$0.14	\$7.05
\$0.14	\$0.28
\$0.30	\$19.20
\$0.09	\$7.92
\$0.67	\$2.01
\$0.04	\$0.06
\$0.05	\$4.80
\$0.31	\$0.31
\$0.21	\$0.21
\$0.61	\$48.40
\$0.05	\$2.15
\$0.06	\$10.30
\$0.37	\$107.40

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\$468.09
\$37.45
\$505.54