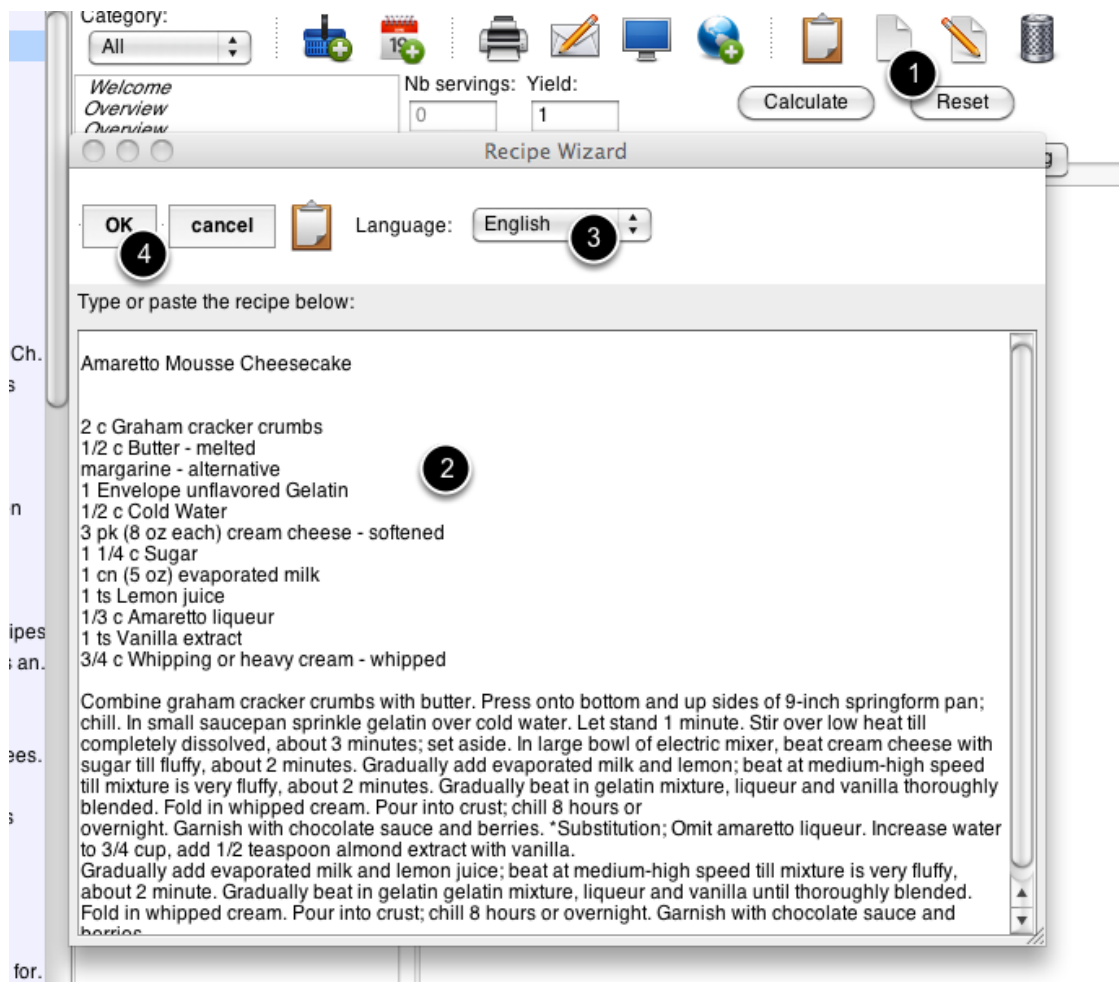


How to calculate food cost







This tutorial shows the steps from adding a recipe to [Shop'NCook Pro software](#) to getting an accurate cost estimate and sale price per portion.

Step 1.



Click on the New Recipe button of the toolbar to add a new recipe (1). Type the recipe in the wizard window (2), make sure the correct language is selected (3), and click on OK (4).

Step 2.

Title: 3

Language:

Picture:

Category:

Source:

Nb servings: 2 Portion size or yield:

Preparation time: Total time:

Profit margin:

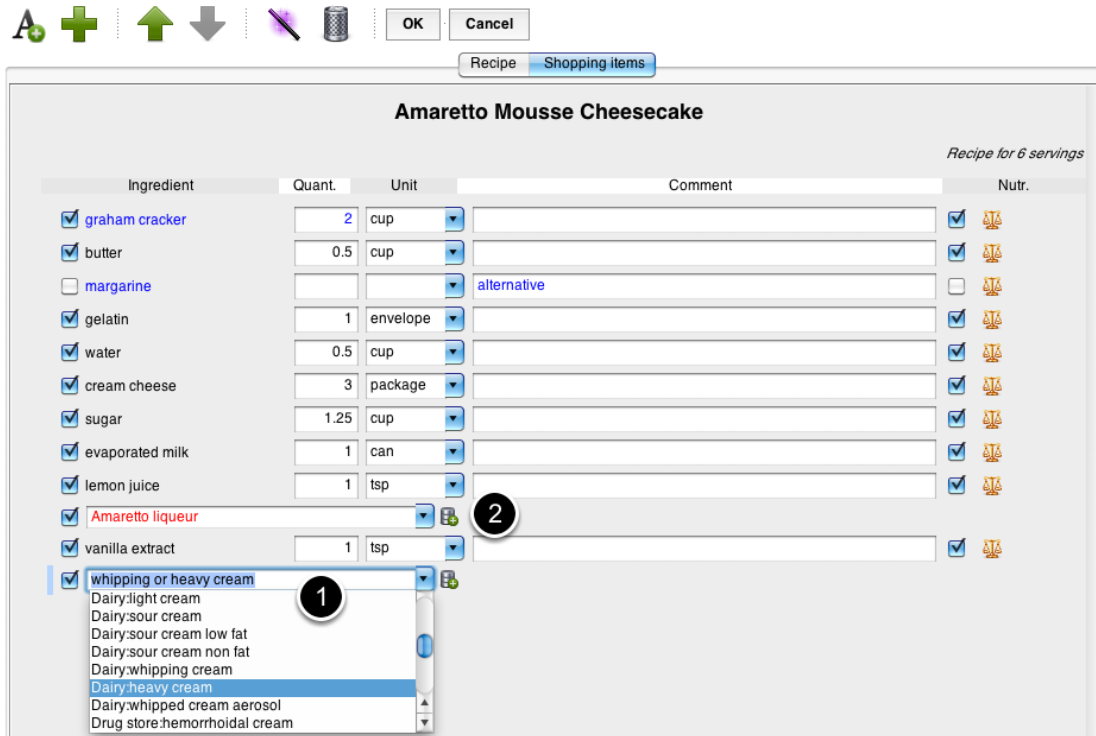
Quantity	Ingredient	Comment
2 c	Graham cracker crumbs	
1/2 c	Butter	melted
	margarine	alternative
1 Envelope	unflavored Gelatin	
1/2 c	Cold Water	
3 pk (8 oz each)	cream cheese	softened
1 1/4 c	Sugar	
1 cn (5 oz)	evaporated milk	
1 ts	Lemon juice	
1/3 c	Amaretto liqueur	
1 ts	Vanilla extract	
3/4 c	Whipping or heavy cream	whipped

1

Combine graham cracker crumbs with butter. Press onto bottom and up sides of 9-inch springform pan; chill. In small saucepan sprinkle gelatin over cold water. Let

The recipe opens in the [editor](#). Make sure that all the ingredients have been correctly recognized (1) and input the number of servings (2). Display then the shopping item tab (3).

Step 3.



Recipe Shopping items







Amaretto Mousse Cheesecake

Recipe for 6 servings

Ingredient	Quant.	Unit	Comment	Nutr.
<input checked="" type="checkbox"/> graham cracker	2	cup		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> butter	0.5	cup		<input checked="" type="checkbox"/>
<input type="checkbox"/> margarine			alternative	<input type="checkbox"/>
<input checked="" type="checkbox"/> gelatin	1	envelope		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> water	0.5	cup		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> cream cheese	3	package		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> sugar	1.25	cup		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> evaporated milk	1	can		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> lemon juice	1	tsp		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> Amaretto liqueur				<input type="checkbox"/>
<input checked="" type="checkbox"/> vanilla extract	1	tsp		<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> whipping or heavy cream				<input type="checkbox"/>
Dairy:light cream Dairy:sour cream Dairy:sour cream low fat Dairy:sour cream non fat Dairy:whipping cream Dairy:heavy cream Dairy:whipped cream aerosol Drug store:hemorrhoidal cream				

Click on the arrow of the pull-down menu of the ingredients in red to [link them to the database of grocery items](#) (1). If there is no appropriate item, click on the database button to add a new item to the database (2).













Step 4.

1

Amaretto Mousse Cheesecake

Recipe for 6 servings

Ingredient	Quant.	Unit	Comment	Nutr.
<input checked="" type="checkbox"/> graham cracker	2	cup		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> butter	0.5	cup		<input checked="" type="checkbox"/> 
<input type="checkbox"/> margarine			alternative	<input type="checkbox"/> 
<input checked="" type="checkbox"/> gelatin	1	envelope		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> water	0.5	cup		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> cream cheese	3	package		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> sugar	1.25	cup		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> evaporated milk	1	can		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> lemon juice	1	tsp		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> amaretto liqueur				<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> vanilla extract	1	tsp		<input checked="" type="checkbox"/> 
<input checked="" type="checkbox"/> heavy cream	0.75	cup		<input checked="" type="checkbox"/> 

Once all the ingredients have been linked to the [database of grocery items](#), click on OK to save the recipe (1).

Step 5.

Category: All

Nb servings: 6 Portion size: 1

Calculate Reset

Recipe Shopping items Nutrition Costing **1**

Item	Quantity	Quantity	With waste	Cost/un (\$)	Cost (\$)	Cost/se (\$)
Nb servings	6 servings					
Serving size	1					
<input checked="" type="checkbox"/> graham cracker	2 cup					
<input checked="" type="checkbox"/> butter	0.5 cup	4.05 oz	4.05 oz	0.25	1.01	0.17
<input type="checkbox"/> margarine						
<input checked="" type="checkbox"/> gelatin	1 envel...	7 g	7 g			
<input checked="" type="checkbox"/> water	0.5 cup	118.4 g	118.4 g			
<input checked="" type="checkbox"/> cream cheese	3 packa...	24 oz	24 oz	0.25	5.97	1.00
<input checked="" type="checkbox"/> sugar	1.25 cup	0.56 lb	0.56 lb	0.53	0.30	0.05
<input checked="" type="checkbox"/> evaporated milk	1 can	5 oz	5 oz	0.066	0.33	0.05
<input checked="" type="checkbox"/> lemon juice	1 tsp	0.17 fl oz	0.17 fl oz	0.084	0.01	0.00
<input checked="" type="checkbox"/> amaretto liqueur	0.33 cup					
<input checked="" type="checkbox"/> vanilla extract	1 tsp	0.17 fl oz	0.17 fl oz	2.50	0.42	0.07
<input checked="" type="checkbox"/> heavy cream	0.75 cup	0.38 pint	0.38 pint	3.18	1.19	0.20
Total food cost					9.23	1.54
Profit margin	72 %					
Total price					32.97	5.49

2

3

Click on the Costing tab to display the [cost break-down of the recipe](#) (1). Click on the magic wand button next to the ingredients in green and input their cost (2). Click on the magic wand button next to the ingredients in blue and input the weight of the unit of measure (3).

Recipe costing.

Category: All

Nb servings: Portion size:

Calculate Reset

Recipe Shopping items Nutrition Costing

Item	Quantity	Quantity	With waste	Cost/un (\$)	Cost (\$)	Cost/se (\$)
Nb servings	6 servings					
Serving size	1					
<input checked="" type="checkbox"/> graham cracker	2 cup	168 g	168 g	0.015	2.52	0.42
<input checked="" type="checkbox"/> butter	0.5 cup	4.05 oz	4.05 oz	0.25	1.01	0.17
<input type="checkbox"/> margarine						
<input checked="" type="checkbox"/> gelatin	1 envel...	7 g	7 g	0.01	0.07	0.01
<input checked="" type="checkbox"/> water	0.5 cup	118.4 g	118.4 g		0.00	0.00
<input checked="" type="checkbox"/> cream cheese	3 packa...	24 oz	24 oz	0.25	5.97	1.00
<input checked="" type="checkbox"/> sugar	1.25 cup	0.56 lb	0.56 lb	0.53	0.30	0.05
<input checked="" type="checkbox"/> evaporated milk	1 can	5 oz	5 oz	0.066	0.33	0.05
<input checked="" type="checkbox"/> lemon juice	1 tsp	0.17 fl oz	0.17 fl oz	0.084	0.01	0.00
<input checked="" type="checkbox"/> amaretto liqueur	0.33 cup	0.08 kg	0.08 kg	10.00	0.83	0.14
<input checked="" type="checkbox"/> vanilla extract	1 tsp	0.17 fl oz	0.17 fl oz	2.50	0.42	0.07
<input checked="" type="checkbox"/> heavy cream	0.75 cup	0.38 pint	0.38 pint	3.18	1.19	0.20
Total food cost					12.65	2.11
Profit margin	72 %					
Total price					45.19	7.53

The ingredient without quantity cannot be included in the costing (1). The cost and cost per portion of the ingredients in black is displayed (2), as well as the total food cost, cost per portion and suggested sale price (3).