

Recipe Profile Report

Parmesan Fish Nuggets (LC3)

Customer:		
Yield:	6 - Plate Servings	
Prep Time:		
Cook Time:		
Author:	Richard Cherry	

Ingredients

Description	Distributor	Item #	Qty - UOM	Notes	Prep Method	Yield:	Purch Price	Portion Cost
TILAPIA FLLT 5-7Z 10#	GFS Item	727861	18.0 OZ		GFS Default	100%	\$ 7.0763	\$ 1.1794
FLOUR A/P CHEF DELITE 50# CONAG	GFS Item	585203	8.0 OZ		GFS Default	100%	\$ 0.2515	\$ 0.0419
SALT IODIZED 24-26Z GFS	GFS Item	108308	1.0 OZ		GFS Default	100%	\$ 0.0312	\$ 0.0052
SPICE PEPR BLK REST GRIND 16Z TRDE	GFS Item	225061	0.25 OZ		GFS Default	100%	\$ 0.2141	\$ 0.0357
EGG SCRMBD LIQ MIX W/ MILK 15-2# GFS	GFS Item	762861	5.0 OZ		GFS Default	100%	\$ 0.5625	\$ 0.0938
CHEESE PARM GRTD 12-1# PG	GFS Item	164259	6.0 OZ		GFS Default	100%	\$ 2.0078	\$ 0.3346
BREAD CRUMB SEAS 6-3# GFS	GFS Item	197991	8.0 OZ		GFS Default	100%	\$ 1.1478	\$ 0.1913

Food Cost %		Selling Price		Markup		Portion Cost	\$ 1.8819
Gross Sales	\$ 0.00	Gross Profit	\$ 0.00	Total Food Cost	\$ 11.2912		

Preparation Instructions

Special Of The Day Info

Comments