

# Ham, Cheese & Pineapple Pizza Pinwheels

## Meal Cost Calculation

The cost of each meal is based on the actual quantity or portion of each ingredient used in the recipe, not the cost of the whole ingredient. For example, if the recipe requires half an onion, then the price used when calculating the meal cost will be half the cost of a whole onion, or if 2 cups of rice are required for a recipe, the price used when calculating the meal cost will be for 2 cups of rice (as opposed to the whole packet). The price of packaged dried herbs and spices used in the recipes is based on a percentage of the value of a whole packet, even if a smaller portion is used in an individual recipe. Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Countdown assumes that you already have some basic items available at home which may not be included in the meal cost. These basic items vary from recipe to recipe and may include salt, pepper, oils, flours, milk, butter, bread and sugar.

Recipes identified as gluten free, dairy free or vegetarian has no ingredients known to commonly contain gluten, dairy, meat or meat products. As a pre-caution always check the ingredients you are using.

Prices of ingredients are based on the price as determined on 5 February 2019. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

<b>Recipe:</b>	Ham and Cheese Pinwheels					
<b>Serves</b>	6					
<b>Date Calculated:</b>	5-Feb-19					
Quantity	Ingredient	Product	Product C	Cost	Cost for meal based on quantity used	Comments
6	eggs	Woodlands Eggs 10pk Free Range Size 6 530g	774152	5.80/10 pack	\$3.48	
2 cup	self raising flour	Essentials Flour Self Raising 1.5kg	265268	1.90/1.5kg	0.38	1 cup = 150g
1 Tbsp	caster sugar	Countdown Caster Sugar 500g	642214	1.40/100g	\$0.04	1 Tbsp = 13g
30g	butter	Countdown Butter Salted 500g	827847	5.50/500g	\$0.33	
3/4 cup	milk	PANTRY ITEM		-	-	
1/4 cup	tomato paste	Countdown Tomato Paste squeeze bottle 415g	258476	3.5/415g	\$0.59	1/4 cup = 70g
175g	shaved ham	Value Shaved Ham	348515	10/kg	\$1.75	
1 cup	mozarella cheese	Countdown Cheese Grated Shredded Mozzarella 400g	281817	6.50/400g	\$1.95	1 cup = 120g
Cost per serve (based on 2 per person)					\$1.42	each