

Recipe Prep Sheet

American Dairy Association North East

990071 - Fruit & Yogurt Parfait ~ Berry Breakfast

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
051486	Strawberries, Sliced, Frozen	1 1/2 gal + 2 cup	No Instructions Assigned
009048	BLACKBERRIES,FRZ,UNSWT ND	3 qt + 1 cup	
051735	GRANOLA	3 LB	
001297	YOGURT,GREEK,VANILLA,L OWFAT	25 LB	
121124	Muffins, Blueberry, Whole Grain (1.5 oz)	2 oz	
			<p>Thaw and mix the strawberries and blackberries together.</p> <p>Build the Parfait in the suggested 12oz clear plastic cup: Layer #16 Scoop of Vanilla Yogurt then, #8 scoop of berries, then #16 scoop of Vanilla Yogurt.</p> <p>Garnish with 1 tbsp granola.</p> <p>Serve with 1-2oz blueberry muffin</p>

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	442.612 kcal	Total Fat	7.824 g	Total Dietary Fiber	7.911 g	Vitamin C	*58.005* mg	15.909% Calories from Total Fat
Saturated Fat ¹	3.778 g	Trans Fat ²	0.000 g	Protein	21.985 g	Iron	1.709 mg	7.682% Calories from Sat Fat
Sodium ¹	128.349 mg	Cholesterol	11.673 mg	Vitamin A	*908.934* IU	Water	*227.101* g	0.000% Calories from Trans Fat
Sugars	55.501 g	Carbohydrate	73.111 g	Calcium	275.728 mg	Ash	*N/A* g	66.072% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.868% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	.5 cup
				Vegetable	cup
				Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.