

# Recipe Prep Sheet

American Dairy Association North East

## 990065 - Fiesta Parfait

Recipe HACCP Process:

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
001256	YOGURT,GREEK,PLN,NONF AT	20 LB	No Instructions Assigned
016146	BEANS,PINTO,CND,DRND SOL	4 can drained solids	<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Drain and rinse 4 - #10 cans beans. Set aside.</p>
799902	CUMIN,GROUND	1/4 cup, whole	Mix seasonings with the yogurt.
002009	CHILI POWDER	1/4 cup	
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	1 LB, shredded + 12 oz	<p>Layer into a 12 oz parfait cup:</p> <p>1/2 cup drained beans</p> <p>3/4 cup seasoned yogurt</p> <p>6 Tbsp salsa</p> <p>1/4 cup shredded lettuce</p> <p>Garnish with 1 Tbsp shredded cheese.</p> <p>Serve with 1.5oz bag of tortilla chips.</p> <p><b>CCP:</b> Refrigerate until served.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p>
122190	Shredded Mild Cheddar Cheese	1 LB + 8 oz	
120317	Chunky Salsa - Mild	1 gal + 2 3/4 cup	
120072	CHIPS, TORTILLA, OVEN BAKED, REGULAR, WHOLE G	50 BAG	

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.

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\*Nutrients are based upon 1 Portion Size (EACH)

Calories <sup>1</sup>	333.612 kcal	Total Fat	8.174 g	Total Dietary Fiber	6.685 g	Vitamin C	*0.508* mg	22.050% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.136 g	Trans Fat <sup>2</sup>	*0.011* g	Protein	25.482 g	Iron	1.302 mg	8.460% Calories from Sat Fat
Sodium <sup>1</sup>	1045.298 mg	Cholesterol	22.578 mg	Vitamin A	*285.182* IU	Water	*190.399* g	*0.029%* Calories from Trans Fat
Sugars	*12.358* g	Carbohydrate	40.528 g	Calcium	369.898 mg	Ash	*N/A* g	48.593% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			30.553% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1.75 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

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