

Recipe Prep Sheet

American Dairy Association North East

990097 - Yogurt Bowl - Very Berry

Recipe HACCP Process: #1 No Cook
 Source: DSB
 Number of Portions: 50
 Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
051486	Strawberries, Sliced, Frozen	3 qt + 1/2 cup	<p>No Instructions Assigned</p> <p>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.</p> <p>Place 8 oz of yogurt in a 12 oz bowl. Top with the berries. Crumble the muffin and mix with the granola,then sprinkle on top of the bowl of yogurt and berries.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Hold at 135° F or higher.</p>
001286	YOGURT,GREEK,VANILLA,NONFAT	25 LB	
902470	CEREAL, LOW FAT GRANOLA CRUNCHY CLUSTERS, BUL	3 qt + 1/2 CUP	
121124	Muffins, Blueberry, Whole Grain (1.5 oz)	50 Muffin	
009048	BLACKBERRIES,FRZ,UNSWTND	3 qt + 1/2 cup	

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	482.987 kcal	Total Fat	5.663 g	Total Dietary Fiber	8.137 g	Vitamin C	*29.196* mg	10.552% Calories from Total Fat
Saturated Fat ¹	1.030 g	Trans Fat ²	0.163 g	Protein	24.220 g	Iron	2.269 mg	1.919% Calories from Sat Fat
Sodium ¹	212.329 mg	Cholesterol	21.804 mg	Vitamin A	*105.720* IU	Water	*229.188* g	0.304% Calories from Trans Fat
Sugars	*48.184* g	Carbohydrate	86.132 g	Calcium	268.459 mg	Ash	*N/A* g	71.333% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.059% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup
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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.