

# Recipe Prep Sheet

American Dairy Association North East

## 990120 - Barbecue Ranch Chicken Parfait

Recipe HACCP Process: #2 Same Day Service

Source: ADANE

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
051520	Chicken, Diced, Cooked, Frozen	6 1/4 LB	No Instructions Assigned
051529	Beans, Black (Turtle), Low-sodium, Canned	1 1/4 gal	
121600	BARBECUE SAUCE	1 cup	
011253	LETTUCE,GRN LEAF,RAW	1 1/2 gal, shredded	
990383	Ranch seasoning	12 oz	
990384	TORTILLA CHIPS, TRI-COLOR	1 3/4 LB	
990386	ONION, RED	3 1/4 LB	
001256	YOGURT,GREEK,PLN,NONF AT	12 1/2 LB	

*\*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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			<p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p> <ol style="list-style-type: none"> <li>1) Blend ranch seasoning with Greek yogurt</li> <li>2) Dice red onions</li> <li>3) Toss cooked chicken with barbecue sauce, black beans and red onions</li> <li>4) Portion in 12 oz. clear cup</li> <li>5) Start by portioning with 3/4 cup of the chicken, black beans, barbecue and red onion mixture</li> <li>6) Next add 2 oz. of the ranch/yogurt mixture</li> <li>7) Top with 1 oz. of lettuce (shredded) and 1/2 oz. tortilla chips (use tri-color strips)</li> <li>8) Drizzle with barbecue sauce (if desired)</li> </ol>

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

Calories <sup>1</sup>	345.955 kcal	Total Fat	5.963 g	Total Dietary Fiber	8.026 g	Vitamin C	5.992 mg	15.513% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.720 g	Trans Fat <sup>2</sup>	0.007 g	Protein	32.380 g	Iron	7.671 mg	1.873% Calories from Sat Fat
Sodium <sup>1</sup>	828.592 mg	Cholesterol	48.578 mg	Vitamin A	1292.424 IU	Water	*112.914* g	0.018% Calories from Trans Fat
Sugars	7.645 g	Carbohydrate	39.200 g	Calcium	167.833 mg	Ash	*N/A* g	45.323% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			37.438% Calories from Protein
Type of Fat	-							

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

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