

Recipe Prep Sheet

American Dairy Association North East

990121 - Red, White and Blue Yogurt Parfait

Recipe HACCP Process: #1 No Cook
 Source: ADANE
 Number of Portions: 50
 Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
051735	GRANOLA	4 LB	No Instructions Assigned
001295	YOGURT,VANILLA,NON-FAT	25 LB	
051485	Strawberries, Diced, Cup, Frozen	6 LB	
051371	BLUEBERRIES, FROZEN, CULTIVATED, IQF	6 LB	
			<p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p> <ol style="list-style-type: none"> 1) Blend half of the strawberries and blueberries into the yogurt to create a red,white and blue effect. 2) Portion in 10 oz. clear cup 3) Build cups first by placing 1/8 cup of granola at the bottom 4) Next layer in fruit/yogurt mixture 5) Next add 1 oz. strawberries that were set aside 6) Add 6 oz. of yogurt mixture 7) Layer in 1 oz. of blueberries that were set aside 8) Sprinkle 1/8 cup of granola on top <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>

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.

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*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	366.700 kcal	Total Fat	2.764 g	Total Dietary Fiber	4.817 g	Vitamin C	21.831 mg	6.784% Calories from Total Fat
Saturated Fat ¹	0.608 g	Trans Fat ²	*0.000* g	Protein	9.515 g	Iron	1.264 mg	1.491% Calories from Sat Fat
Sodium ¹	154.159 mg	Cholesterol	6.804 mg	Vitamin A	488.182 IU	Water	*179.169* g	*0.000%* Calories from Trans Fat
Sugars	*33.829* g	Carbohydrate	78.351 g	Calcium	286.169 mg	Ash	*N/A* g	85.466% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.379% Calories from Protein
Type of Fat	-							

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

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