

Recipe Prep Sheet

American Dairy Association North East



990151 - Berry Yogurt Pancake Parfait

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 20

Portion Size: each

**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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Ingredient #	Ingredient Name	Measurements	Instructions
001119	YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	5 LB	No Instructions Assigned
990397	Strawberries - frozen IQF	5 LB	
121177	Pancakes WG Wholesome Choice Mpl Chip Mini 3"	40 (2 Pancakes)	
			<p>CCP: Hold for cold service at 41° F or lower.</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>CCP: Refrigerate until served.</p> <p>1. If strawberries are frozen in syrup,thaw and drain in colander</p> <p>2. Note: frozen diced or sliced berries don not need to be thawed before adding to cup</p> <p>3. Thaw pancakes - use 4 pancakes per parfait</p> <p>Assemble in a 12oz cup:</p> <p>Layer: 2 mini pancakes,1/4 cup yogurt,1/4 cup strawberries - repeat layering process</p> <p>Cover and keep refrigerated until service</p> <p>Serve chilled,can be held overnight</p>

*Nutrients are based upon 1 Portion Size (each)

Calories ¹	335.388 kcal	Total Fat	5.418 g	Total Dietary Fiber	4.000 g	Vitamin C	*0.907* mg	14.538% Calories from Total Fat
Saturated Fat ¹	0.914 g	Trans Fat ²	*0.000* g	Protein	9.591 g	Iron	*1.479* mg	2.453% Calories from Sat Fat
Sodium ¹	316.843 mg	Cholesterol	15.670 mg	Vitamin A	*48.761* IU	Water	*89.584* g	*0.000%* Calories from Trans Fat
Sugars	34.649 g	Carbohydrate	59.649 g	Calcium	*253.911* mg	Ash	*N/A* g	71.140% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.439% Calories from Protein
Type of Fat	-							

Components

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