

Recipe Prep Sheet

American Dairy Association North East



990152 - Chocolate Milk Blender

Recipe HACCP Process: #1 No Cook
 Source:
 Number of Portions: 20
 Portion Size: 12 oz

Ingredient #	Ingredient Name	Measurements	Instructions
001119	YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	5 LB	No Instructions Assigned
990379	Lowfat Chocolate Milk - ADANE	2 qt + 2 cup	
002025	NUTMEG,GROUND	1 TSP	
990398	Cocoa powder	1 tbsp	
			1. Recipe will take 4 cups of ice cubes 2. In a blender on high, combine vanilla yogurt, low fat chocolate milk, and ice cubes 3. Puree until smooth 4. Pour in 12oz serving cup 5. Garnish with sprinkle of cocoa powder and nutmeg

*Nutrients are based upon 1 Portion Size (12 oz)

Calories ¹	167.216 kcal	Total Fat	2.720 g	Total Dietary Fiber	0.073 g	Vitamin C	0.910 mg	14.639% Calories from Total Fat
Saturated Fat ¹	1.693 g	Trans Fat ²	*0.000* g	Protein	9.597 g	Iron	0.333 mg	9.109% Calories from Sat Fat
Sodium ¹	184.860 mg	Cholesterol	10.670 mg	Vitamin A	138.873 IU	Water	*89.591* g	*0.000%* Calories from Trans Fat
Sugars	26.652 g	Carbohydrate	27.278 g	Calcium	339.263 mg	Ash	*N/A* g	65.252% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.957% Calories from Protein
Type of Fat	-							

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

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