

Recipe Prep Sheet

American Dairy Association North East

990159 - Strawberry Smoothie - Breakfast

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 16oz

Ingredient #	Ingredient Name	Measurements	Instructions
001084	MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT	3 gal + 2 CUP	No Instructions Assigned
001295	YOGURT,VANILLA,NON-FAT	12 1/2 LB	
990397	Strawberries - frozen IQF	16 1/2 LB	
			<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> <ol style="list-style-type: none"> 1. place frozen or thawed strawberries in blender and blend until smooth or puree texture 2. strawberries can be transferred to 16qt container 3. add in milk and yogurt 4. blend all ingredients together 5. 16 oz portion

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 (16oz)

Calories ¹	258.010 kcal	Total Fat	2.878 g	Total Dietary Fiber	2.640 g	Vitamin C	*2.952* mg	10.040% Calories from Total Fat
Saturated Fat ¹	1.791 g	Trans Fat ²	*0.000* g	Protein	13.002 g	Iron	*0.148* mg	6.247% Calories from Sat Fat
Sodium ¹	198.617 mg	Cholesterol	13.242 mg	Vitamin A	*730.712* IU	Water	*307.885* g	*0.000%* Calories from Trans Fat
Sugars	*13.268* g	Carbohydrate	46.102 g	Calcium	*483.130* mg	Ash	*N/A* g	71.474% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.157% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk							

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