

Recipe Prep Sheet

American Dairy Association North East



990124 - Apple Cobbler Overnight Oats Parfait

Recipe HACCP Process: #3 Complex Food Preparation

Source: ADANE

Number of Portions: 50

Portion Size: 12 oz.

**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
009401	APPLESAUCE,CND,UNSWTND,W/ VIT C	6 1/4 qt	No Instructions Assigned
008120	CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	2 1/2 LB	
001314	YOGURT,GREEK,NONFAT,PLN,	12 1/2 LB	<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>The day before meal service,add yogurt,granola,oats,cinnamon,and applesauce (1- #10 can) to large mixing bowl. Stir thoroughly and store chilled overnight.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
902934	Granola	6 1/4 CUP	
002010	CINNAMON,GROUND	1/2 cup	
009003	APPLES,RAW,WITH SKIN	4 LB	<p>The day of service,cut apples or place pre-cut apples in salt water for a few minutes to prevent discoloration.</p> <p>Rinse apples and let dry.</p> <p>Scoop 8 oz (1 cup) prepared mixture into 12oz cups.</p> <p>Top with 1/2 cup of sliced apples.</p> <p>Suggestion for lunch: Add 1 -1oz cheese stick to accommodate a 2M/MA component and offer as a lunch option.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>

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

Calories ¹	284.881 kcal	Total Fat	3.195 g	Total Dietary Fiber	6.392 g	Vitamin C	28.071 mg	10.094% Calories from Total Fat
Saturated Fat ¹	0.635 g	Trans Fat ²	*0.010* g	Protein	15.586 g	Iron	1.946 mg	2.005% Calories from Sat Fat
Sodium ¹	70.745 mg	Cholesterol	6.804 mg	Vitamin A	59.156 IU	Water	*238.902* g	*0.032%* Calories from Trans Fat
Sugars	*15.478* g	Carbohydrate	51.435 g	Calcium	166.860 mg	Ash	*N/A* g	72.219% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.884% Calories from Protein
Type of Fat	-							

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Components									
Meat/Meat ALT	1 oz eq	Grain	2 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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