

# Recipe Prep Sheet

American Dairy Association North East



## 990160 - Apple Yogurt Smoothie - LUNCH

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 16 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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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	25 LB	No Instructions Assigned
051451	APPLES, FRESH, GRANNY SMITH, WITH SKIN	50 medium (3" dia)	
009206	ORANGE JUICE,RAW	1 5/8 gal	
			<p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>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.</b></p> <ol style="list-style-type: none"> <li>1. Core,peel,and dice 50 Granny Smith medium apples</li> <li>2. Put 25 lbs. low-fat vanilla yogurt into food processor</li> <li>3. Add apples in the food processor</li> <li>4. Add 1.56 gal (6.25 qts.) orange juice</li> <li>5. Add 3 cups ice</li> </ol> <p>Directions:</p> <p>Mix all ingredients in a blender or food processor until smooth.</p> <p>Pour into 16 oz. cups</p>

\*Nutrients are based upon 1 Portion Size (16 oz.)

Calories <sup>1</sup>	343.491 kcal	Total Fat	3.392 g	Total Dietary Fiber	4.652 g	Vitamin C	72.124 mg	8.888% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.912 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	12.521 g	Iron	0.625 mg	5.011% Calories from Sat Fat
Sodium <sup>1</sup>	152.925 mg	Cholesterol	11.340 mg	Vitamin A	443.132 IU	Water	*288.486* g	*0.000%* Calories from Trans Fat
Sugars	*41.697* g	Carbohydrate	69.307 g	Calcium	412.432 mg	Ash	*N/A* g	80.709% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.581% Calories from Protein
Type of Fat	-							

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

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