


Recipe Prep Sheet

American Dairy Association North East

990174 - Horchata

Recipe HACCP Process: #1 No Cook
 Source: ADANE
 Number of Portions: 5
 Portion Size: 12 oz.

Ingredient #	Ingredient Name	Measurements	Instructions
001175	MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D	5 CUP	No Instructions Assigned
020044	RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	1 CUP	
901530	SUGARS,BROWN,LIGHT	1/2 CUP, packed	
002052	VANILLA EXTRACT,IMITN,NO ALCOHOL	1/2 TBSP	
002010	CINNAMON,GROUND	1/2 TBSP	
014429	WATER	5 cup 8 fl oz	
			<p>soak rice and cinnamon sticks for at least 8 hours in 5 cups water- or you may use a rice beverage if limited on time.</p> <p>blend: remove the cinnamon sticks and blend the rice with the water in blender add cinnamon and brown sugar. blend well. pour blended rice through sieve to remove grains use cheesecloth to catch grains.</p> <p>Pour strained mixture into pitcher,add milk and remaining ingredients</p> <p>Pour 12 oz into cup,garnish with cinnamon powder.</p> <p>serve over ice.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>

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

Calories ¹	323.762 kcal	Total Fat	2.621 g	Total Dietary Fiber	0.895 g	Vitamin C	0.030 mg	7.285% Calories from Total Fat
Saturated Fat ¹	1.614 g	Trans Fat ²	*0.000* g	Protein	10.919 g	Iron	1.890 mg	4.486% Calories from Sat Fat
Sodium ¹	122.596 mg	Cholesterol	12.200 mg	Vitamin A	116.981 IU	Water	461.923 g	*0.000%* Calories from Trans Fat
Sugars	*12.931* g	Carbohydrate	64.147 g	Calcium	348.583 mg	Ash	2.431 g	79.252% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.490% 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	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	1 cup

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