

Recipe Prep Sheet

American Dairy Association North East

990165 - Perfect Yogurt Parfait- Breakfast

Recipe HACCP Process: #2 Same Day Service
 Source: ADANE
 Number of Portions: 50
 Portion Size: 12 oz.

Ingredient #	Ingredient Name	Measurements	Instructions
001297	YOGURT,GREEK,VANILLA,LOWFAT	12 1/2 LB	No Instructions Assigned
051486	Strawberries, Sliced, Frozen	7 LB	
009050	BLUEBERRIES,RAW	6 LB	
009302	RASPBERRIES,RAW	4 1/8 LB	
009176	MANGOS,RAW	6 LB	
019296	HONEY	1 1/2 CUP	
			Mix yogurt and honey together. Wash berries,use frozen sliced strawberries and diced mango,mix fruit together in large bowl. In 12 oz. portion cup layer 1/2 cup yogurt,1/4 cup mixed fruit, 1/2 cup granola (see recipe #990167) and 1/4 cup mixed fruit. CCP: Hold for cold service at 41° F or lower.

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

Calories ¹	262.490 kcal	Total Fat	3.463 g	Total Dietary Fiber	5.974 g	Vitamin C	59.382 mg	11.874% Calories from Total Fat
Saturated Fat ¹	1.734 g	Trans Fat ²	*0.000* g	Protein	11.124 g	Iron	0.743 mg	5.944% Calories from Sat Fat
Sodium ¹	47.227 mg	Cholesterol	5.670 mg	Vitamin A	1051.317 IU	Water	*214.210* g	*0.000%* Calories from Trans Fat
Total Sugars	41.380 g	Carbohydrate	50.107 g	Calcium	141.628 mg	Ash	*N/A* g	76.357% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			16.952% Calories from Protein
Type of Fat	-							

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

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.