

# Recipe Prep Sheet

American Dairy Association North East

## 990177 - Yogurt Peach Parfait

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 50

Portion Size: 12oz

| Ingredient # | Ingredient Name                                | Measurements | Instructions             |
|--------------|--|--------------|--------------------------|
| 008402       | CEREALS,QUAKER,QUICK OATS,DRY                  | 2 1/2 qt     | No Instructions Assigned |
| 012037       | SUNFLOWER SD KRNLS,DRY RSTD,WO/SALT            | 1 1/2 qt     |                          |
| 902381       | CEREALS RTE,GENERAL MILLS,COUNTRY CORN FLAKES  | 2 1/2 qt     |                          |
| 008305       | CEREALS RTE,OAT,CORN&WHEA T SQUARES,PRESWEETEN | 2 1/2 qt     |                          |
| 019334       | SUGARS,BROWN                                   | 15 oz        |                          |
| 002010       | CINNAMON,GROUND                                | 1/4 oz       |                          |
| 799986       | SALT, KOSHER                                   | 1/3 oz       |                          |
| 002050       | VANILLA EXTRACT                                | 1 TBSP       |                          |
| 019296       | HONEY  | 4 oz         |                          |
| 042289       | OIL,CORN AND CANOLA                            | 20 oz        |                          |
| 051479       | Peaches, Sliced, Frozen                        | 13 1/2 LB    |                          |
| 019335       | SUGARS,GRANULATED                              | 2 CUP        |                          |
| 009152       | LEMON JUICE,RAW                                | 1/2 CUP      |                          |
| 001118       | YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ    | 12 1/2 LB    |                          |
| 001220       | YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,F  | 12 1/2 LB    |                          |

\*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.

# Recipe Prep Sheet

American Dairy Association North East

| Ingredient # | Ingredient Name | Measurements | Instructions  |
|--------------|-----------------|--------------|---|
|              |                 |              | <p>Granola Topping:</p> <p>Preheat oven to 300 degrees</p> <p>In a large plastic container, combine the corn flakes, chex mix cereal, oats, and sunflower seeds. Set aside.</p> <p>In a large mixing bowl, combine the sugar, cinnamon, and salt. Mix together until all ingredients are fully incorporated.</p> <p>Add the vanilla, honey, and oil to the sugar mixture and mix together.</p> <p>Pour the sugar mixture over the dry cereal and mix until all cereal is coated evenly. Mix lightly to avoid crushing the cereal during mixing.</p> <p>Line full sheet trays with parchment paper and spray with pan spray. Place 4 quarts of granola per tray and bake in a 300 degree oven for 25-30 minutes. Stir the granola every 10 minutes and rotate the trays halfway through cooking. Bake until the granola is golden brown.</p> <p>Cool the granola at room temperature before using.</p> |
|              |                 |              | <p>Macerated Peaches:</p> <p>in a large plastic container, thaw the peaches overnight under refrigeration below 41 degrees.</p> <p>Once the peaches have thawed, remove them from the refrigerator. Add the sugar and lemon juice to the container and mix to combine. Let the peaches macerate in walk-in for at least 1 hour before using.</p>  |

\*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.

# Recipe Prep Sheet

American Dairy Association North East

| Ingredient # | Ingredient Name | Measurements | Instructions   |
|--------------|-----------------|--------------|--|
|              |                 |              | <p>Yogurt Mixture and Assembly:</p> <p>In a large plastic container, combine the yogurts and mix until they are full incorporated.</p> <p>Place 4fl oz of yogurt at the bottom of a 12fl oz plastic cup. Then place 4fl oz of the macerated peaches on top followed by another 4fl oz of yogurt.</p> <p>Serve the parfaits immediately or place the lids on the parfaits and hold them below 41 degrees. Right before service, top each parfait with 4fl oz of granola and serve with the lids on.</p>   |
|              |                 |              | <p>Notes:</p> <p>Frozen strawberries can be used in place of the frozen peaches. The nutritional value and cost for the strawberry variation vary per distributor/vendor. (please check your pricing and adjust nutritional value as needed)</p> <p>Larger batches of granola can be made and stored in a dry place for up to 2 weeks in advance.</p> <p>The parfaits can also be topped with granola and held overnight below 41 degrees. In this case, place an insert into each parfait and fill it with 4fl oz of the granola before placing the lid on top. The insert will prevent the granola from getting soggy.</p> |

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

|                            |              |                        |           |                     |            |           |             |                                     |
|----------------------------|--------------|------------------------|-----------|---------------------|------------|-----------|-------------|-------------------------------------|
| Calories <sup>1</sup>      | 585.129 kcal | Total Fat              | 22.118 g  | Total Dietary Fiber | 5.760 g    | Vitamin C | 15.473 mg   | 34.020% Calories from Total Fat     |
| Saturated Fat <sup>1</sup> | 3.021 g      | Trans Fat <sup>2</sup> | *0.068* g | Protein             | 19.057 g   | Iron      | 4.158 mg    | 4.647% Calories from Sat Fat        |
| Sodium <sup>1</sup>        | 324.023 mg   | Cholesterol            | 7.938 mg  | Vitamin A           | 700.569 IU | Water     | *191.108* g | *0.104%* Calories from Trans Fat    |
| Total Sugars               | *59.061* g   | Carbohydrate           | 83.253 g  | Calcium             | 498.135 mg | Ash       | *N/A* g     | 56.913% Calories from Carbohydrates |
| Added Sugars               | *N/A* g      |                        |           |                     |            |           |             |                                     |
| Moisture Change            | 0.000 %      | Fat Change             | 0.000 %   | Portion Cost        | \$0.000    |           |             | 13.028% Calories from Protein       |
| Type of Fat                | -            |                        |           |                     |            |           |             |                                     |

| Components    |         |       |         |           |        |
|---------------|---------|-------|---------|-----------|--------|
| Meat/Meat ALT | 2 oz eq | Grain | 1 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

<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.