

Recipe Prep Sheet

American Dairy Association North East



990178 - Papaya Smoothie

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 1 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.

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Ingredient #	Ingredient Name	Measurements	Instructions
009226	PAPAYAS,RAW	12 LB	No Instructions Assigned
001314	YOGURT,GREEK,NONFAT,P LN,	1 1/2 gal + 2 cup	
008402	CEREALS,QUAKER,QUICK OATS,DRY	1 CUP	
002052	VANILLA EXTRACT,IMITN,NO ALCOHOL	1 TBSP	
019296	HONEY	1 CUP	
			<p>CCP: Hold for cold service at 41° F or lower.</p> <p>Use frozen papaya or mango for ease in preparation.</p> <p>If using fresh papaya</p> <p>Prepare papaya- :</p> <p>Use a sharp knife to carefully cut the papaya in half lengthways.</p> <p>Use a spoon to scoop out the black seeds. Discard</p> <p>Cut into wedges. Run a knife between the peel and flesh to separate. Discard the peel.</p>
			<p>Combine all ingredients in blender,add 1 cup ice- blend to smooth consistency. Serve in 12 oz cup- may top with additional fruit,granola,cereal. If add any other items add to components if applicable.</p>

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*Nutrients are based upon 1 Portion Size (1 cup)

Calories ¹	85.440 kcal	Total Fat	0.446 g	Total Dietary Fiber	2.059 g	Vitamin C	66.397 mg	4.698% Calories from Total Fat
Saturated Fat ¹	0.138 g	Trans Fat ²	*0.002* g	Protein	2.859 g	Iron	0.382 mg	1.454% Calories from Sat Fat
Sodium ¹	17.217 mg	Cholesterol	1.327 mg	Vitamin A	1034.190 IU	Water	116.428 g	*0.021%* Calories from Trans Fat
Total Sugars	*14.140* g	Carbohydrate	19.251 g	Calcium	47.705 mg	Ash	0.625 g	90.127% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.385% Calories from Protein
Type of Fat	-							

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

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