Sizing Prep Report

American Dairy Association North East

990071 - Fruit & Yogurt Parfait ~ Berry Breakfast

Recipe HACCP Process: #1 No Cook
Source: DSB
Number of Portions: 50
Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
121151	Muffins, Apple Cinnamon, Individually Wrapped	50 (2 OZ)	No Instructions Assigned
119483	Graham Cracker Crumbs	1 CUP + 1/2 tbsp	
001275	YOGURT,GREEK,NON FAT,VANILLA,CHOBANI	12 LB + 8 oz	**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.** To Build the Parfait: Layer #16 Scoop of Yogurt then #8 Scoop of Berries,then #16 of Yogurt. Garnish with Graham Cracker Crumbs Serve with 1 grain equivalent Muffin. Note: Blueberries,Raspberries,Blackberries (or a combination of) can be substituted for the Strawberries. **CCP:** Hold for cold service at 41° F or lower. **CCP:** Refrigerate until served.
051486	Strawberries, Sliced, Frozen	12 LB + 8 oz	

*Nutrients are based upon 1 Portion Size (EACH)

Calories¹	324.055	kcal	Total Fat	6.554	g	Total Dietary Fiber	3.884	g	Vitamin C	*43.738*	mg	18.203% Calories from Total Fat
Saturated Fat¹	0.769	g	Trans Fat²	0.023	g	Protein	13.453	g	Iron	1.437	mg	2.136% Calories from Sat Fat
Sodium¹	241.948	mg	Cholesterol	*10.000*	mg	Vitamin A	*59.525*	IU	Water	*93.020*	g	0.064% Calories from Trans Fat
Sugars	*34.396*	g	Carbohydrate	54.699	g	Calcium	167.300	mg	Ash	*N/A*	g	67.518% Calories from Carbohydrates
Moisture Change	0.000	%	Fat Change	0.000	%	Portion Cost	$0.000					16.606% Calories from Protein
Type of Fat	-											

Components									
Meat/Meat ALT	2 oz eq	Grain	1.75 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.